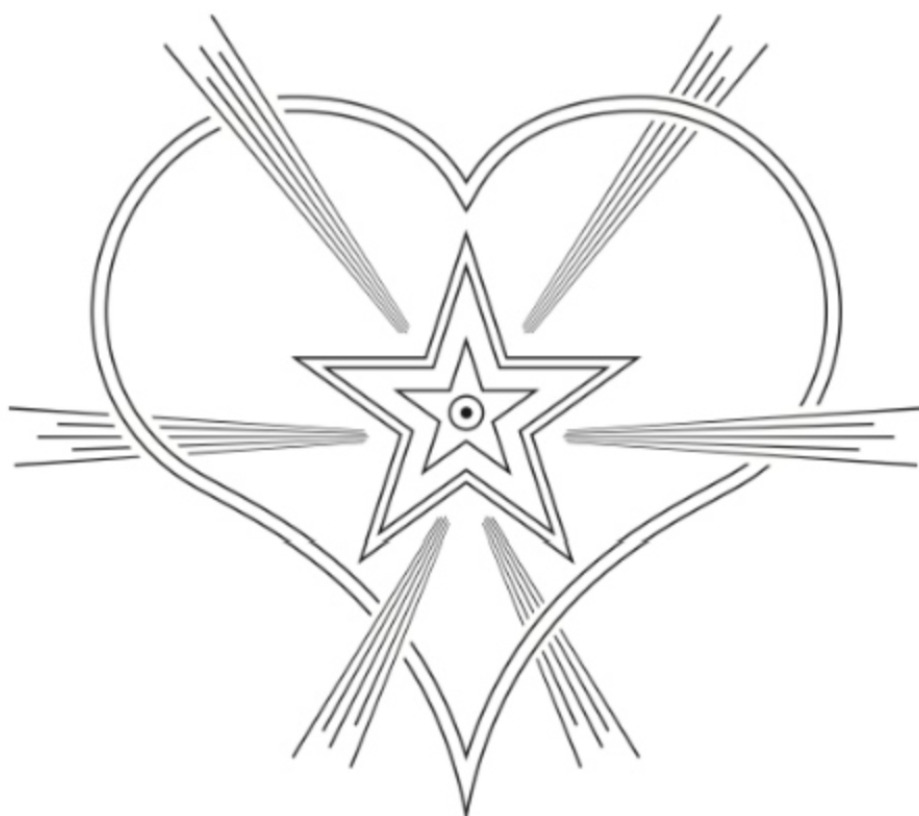




Whispers from The Brighter World
 Babuji (Ram Chandraj Maharaj) &
 Madame Hélène Peyret (scribe)

Meditation: "What you meditate upon, you shall become." This principle is fundamental not only to the teachings of Sahaj Marg but to every area of human endeavour. When we think continuously of any one thing, we are meditating (Why meditate?). Whether our intent is to make a fortune, discover a cure for cancer or create a beautiful garden, the more we think about our objective, the more the thought expands and fills our lives. It is important, therefore, to choose as the object of meditation that which we wish to become.

The goal of Sahaj Marg (the natural path) is God realization, sometimes referred to as Self-realization on the premise that the divine exists within the heart of each human being. Being infinite and without attributes, the object of our meditation has no name or form. Therefore we have been given the most subtle and pure thing to meditate upon, which is Divine Light in the heart. The method is to sit comfortably in one position with the thought that our heart is filled with Divine Light. We do not visualize the light but only suppose that it is present. As other thoughts arise, we gently divert the mind back to the heart and wait patiently for this divine presence to manifest. Non-attention is the best response to unwanted thoughts, as thoughts without our attention have no power. With practice, as we learn to regulate the mind, mental chatter gradually disappears and we become more receptive to the guiding influence of the heart. Mind and heart thus begin to work together in a balanced way. As our practice deepens, we learn to maintain this balanced state in the midst of life's activities.

Meditation is different from concentration. When we try to concentrate, the 'I' (the self) is there. But when we meditate, we wait for something higher. The effect of this waiting creates an attraction, and we begin to draw to ourselves the object of our focus. Sooner or later in meditation we slip into a thoughtless state known as absorption. It is a condition in which we temporarily 'lose' ourselves, and at the same time we expand into the greater Self, beyond time and space, beyond our individual identity. This experience rejuvenates us on every level. Sahaj Marg (the natural path) meditation is both simple and effective, though not necessarily easy. It requires a sincere intention and the development of discipline. In the beginning, we may doubt we have the will power to follow the method as prescribed. So long as we make our best effort on a daily basis, the practice has a way of fueling itself. The more we commit to it, the greater is our enjoyment of meditation and our capacity for it. As our inner condition improves, feelings of empathy and brotherhood develop, allowing us to transform not only inwardly but also in relation to others. In the words of revered Parthasarathi Rajagopalachari, the third spiritual guide of the Shri Ram Chandra Mission, "First you have to learn to love yourself. That is why perhaps we meditate on our own heart. We learn to love what we find inside."

"It is a human weakness to imagine that we must prepare ourselves for meditation. Meditation itself is a process which prepares us to receive the grace of the Almighty through the preparation of the mind, conditioning of the mind, regulation of the mind, because the mind is the most potent thing that we have." Chariji

Cleaning: One of the main elements of Sahaj Marg practice is cleaning, a companion practice to the morning meditation. All of our experiences, action and reactions, thoughts and emotions, leave impressions. These impressions, called samskaras, accumulate over time, influencing our view of reality and consequently our behaviour. As habit patterns emerge and solidify, we continue to react in the present as we have in the past, setting the blueprint for future action. In this way we become, in a real sense, slaves to our past experience. Imagine the soul inside a cocoon, wrapped around and around by impression upon impression. As these layers accumulate it becomes more difficult to experience our essence, the soul within.

The practice of cleaning is a process whereby we direct our thought, in combination with our will, to remove or clean away these impressions so the light of the soul can shine. Once these impressions are removed the root causes of behaviour patterns, which keep us bound to the past, will gently and naturally fall away. The cleaning is done each evening when the day's work is over.

To clean, sit comfortably in the same posture for half an hour with a suggestion to yourself that all complexities and impurities, including grossness, darkness, etc., are going out of the whole system through the back in the form of smoke or vapour, and that in their place the sacred current of the Divine is entering into your heart from the Master's heart, filling the vacuum left by the outgoing impressions. Do not meditate on those things which you want to get rid of. Simply brush them off. Finish with the conviction that the cleaning was completed effectively. A feeling of lightness is a sure sign that the weight of the day's impressions has been lifted. While the evening cleaning effectively removes the day's impressions, deeper cleaning is essential to reach deep-seated samskaras. Fortunately, the Master has prepared prefects to offer individual sittings, accelerating the removal of long-standing impressions. The deepest cleaning of all is done by the Master himself. This is one of the reasons why it is important to visit him whenever we have the opportunity.

Prayer Meditation: A companion to the daily practice of meditation and cleaning is a prayer meditation, repeated just before the morning meditation and in the evening, before we retire for the night. When we take a few minutes to meditate on the meaning of the prayer, we are essentially affirming on the deepest levels our link with the divinity within us.

The first line of the prayer affirms our goal. The word Master refers to God and God alone, the ultimate Master who resides in each and every heart. Sahaj Marg believes that the human spiritual guide, or Master, is one who helps aspirants establish contact with their inner divinity. The second line of the prayer refers to our present state, acknowledging that we are the creators of our own problems and that our wishes and attachments are obstacles to our progress. The third statement points to the source of our liberation, recognizing that it is God alone who can help us rise to the higher state of existence.

The prayer of Sahaj Marg is a gentle daily reminder. It is a humble acknowledgement of where we are now and how we would like to grow. It is recommended that we start the day with this prayer, saying it silently once, allowing the meaning to sink into our consciousness before beginning our morning meditation. At the end of the day, this same prayer is repeated mentally once or twice, and then we meditate on its meaning for ten minutes. Reflection on the prayer is the last thing we do before the day is brought to an end. This practice of beginning and ending the day with the prayer establishes a connection with the Source throughout the day and night.

The prayer: O Master! Thou art the real goal of human life. We are yet but slaves of wishes. Putting bar to our advancement. Thou art the only God and Power. To bring us up to that stage.

"When a man creates in himself a strong craving for the Absolute, he is indeed in a state of prayer and it is for everyone to strive for it." Babuji

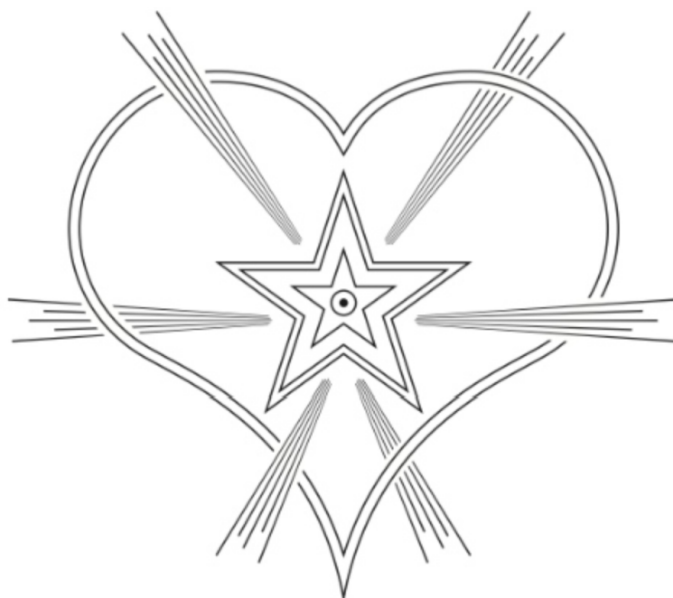
Constant Remembrance: Meditation, cleaning and prayer make up the basic elements of the Sahaj Marg practice. Our practice becomes dynamic and infused with life and feeling when it leads to the remembrance and experience of our connection with the divine within. We cultivate this ongoing connection through a specific training of mind and heart referred to as constant remembrance. In our efforts to remember constantly we engage a subtle suggestion, putting the divine in the place of self in all our thoughts and activities – indeed the divine is the doer. Feeling that presence within guiding our thoughts and actions we then proceed with faith and confidence, giving every task our best effort without attachment to results. When we love someone, we remember him or her. Sahaj Marg teaches us that the reverse is also true: what we remember, we will also come to love. The practice of remembrance eventually leads to constant thought of the divine in all of our activities, ultimately cultivating our growing love for, and union with God. "That one thing, remembrance,

brings everything in its trail. If remembrance is there, take it for granted the remembered one is close to you.”- Babuji

The Ten Maxim:

1. Rise before dawn and offer your prayer and meditation at a fixed hour, preferably completing them before sunrise. Have a separate place and seat for meditation. As far as possible, develop the habit of sitting in one and the same pose. Give special attention to purity of body and mind.
2. Begin your meditation with a prayer for spiritual elevation. Offer your prayer in such a way that the heart is filled with love.
3. Fix your Goal, which should be complete oneness with God. Rest not till the ideal is achieved.
4. Simplify your life so as to be identical with Nature.
5. Always be truthful, accept miseries as coming from God for your own good and be thankful.
6. Know all people as thy brethren and treat them as such.
7. If you are feeling wronged by anyone, do not wish for revenge. Instead, think this comes from God and be grateful.
8. Be happy to eat in constant Divine thought whatever you get, with due regard to honest and pious earnings.
9. Mould your behaviour and way of living to such a high order as to rouse a feeling of love and piety in others.
10. At bedtime, feeling the presence of God, repent for any wrongs committed. Beg forgiveness in a supplicant mood and prayerfully resolve not to allow repetition of the same.

Use the star symbol to aid meditation. “An archer can never hit the mark unless his attention is fixed on it. An abhyasi needs to be like the archer and keep his attention ever fixed on the goal.” Babuji



Tuesday, September 7, 1999 - 10:00 a.m.*

The Medium(M): Babuji (B), make it so that I can continue serving you as you want, as you see fit, even if that is not to my liking. The essential for me is to have your love.

B: Rest reassured, we are not torturers, we will not ask you to become like Atlas. We also want your well-being so that you can give your best. Rest, my child, let us not get carried away, it is a lot for today. Fortunately, your team of scribes is busy working. Thank them all, may they be blessed. The Esoteric symbol showing the physical heart and the spiritual heart with the central region. The Nucleus of divine energy: In physics, the nucleus is the central part of an atom, made up of protons and neutrons. There is a vacuum in its centre, known for centuries by mystics and finally detected by scientists, who haven't really identified it. The vacuum at the core of the cell is like a well of light where thousands of stars are reflected.

Wednesday, December 22, 1999 - 10:00 a.m. Do not forget the symbol and especially the five-branched star. Remain connected with each other through the heart. Go beyond your differences, if any, at the human level; we do not see them. It is important for the future. We have insisted enough, you will understand one day. Essentially you are identical, in the same frame of mind with identical motivations. We had good reasons to bring you together. You are at the same time very different and similar; this is what makes a group strong. We often repeat ourselves, it is essential. Be always vigilant about your reactions towards your brothers and sisters. Each person has his own personality; it is what makes creation diverse and original. Each being is unique in its kind; it carries its own seal, a unique molecule undetectable to the human eye. The surprise of the seekers is not yet over. They have a long way to go yet in terms of scientific discoveries.

Thursday, September 16, 1999 - 8:00 a.m.*

Free your mind, come into your bubble. Otherwise we won't be able to communicate - is that what you want? You see how hard it is on certain days to free one's mind. Make better use of 'the key' I've given all of you, with more conviction. It is towards this aspect that all your efforts must be directed. Sitting back and saying: the Master does everything, that's a bit limited and reserved for beginners. You all have to act and also take your spiritual destiny in hand. You've come far enough to understand that the Master can act only with your consent and your personal work. Let us unite our efforts to reach the goal. Be both completely surrendered and active, in the way we mean it. You all must collaborate, while being malleable. Do your practice exactly as we ask you to, but with this 'additional something' [the symbol] which you all know, to help kick off your concentration. That is not a gimmick; really try, persevere and you will see the results. Starting with a simple element, one can go far. Scientists who have marked the history of humankind demonstrate the reality of this assertion. Get down to work, with all our blessings. (10:00 a.m.) It has been a good contact at 8 a.m, we will not add anything. Regain strength for the day, which is busy because of your health condition. Good meditation!

Thursday, December 23, 1999 - 8:00 a.m.

We will come back to the definition of the esoteric symbol of the heart. This heart is big and its meanderings are many. One can only use a sketch to give an idea of what it really represents. The idea of a vacuum in the centre of the atom is good and right. It is an extremely complex part; we have elaborated on the issue in our books without being able to satisfy your curiosity. This symbol can give free rein to your imagination. With the passing of time and as your comprehension increases, owing to the work which is being done on you, you will understand it differently. These are mysteries that cannot be revealed from the outset; you will gradually gain insight into them. Starting from a simple idea, the foundations are laid; it's up to you to build the knowledge structure, while advancing step by step, towards the supreme goal. May this divine energy, contained in the heart of the atom, vibrate in you intensely.

Tuesday, April 6, 1999 - 8:00 a.m: Don't worry about the interpretation of words which you find a little strong. No matter what you write, there will always be misunderstandings. Therefore, people's reactions to all this do not matter. Something will eventually touch their hearts. Do not be anxious; do not be afraid of suffering. Don't you trust us anymore? Be strong, my child; take refuge in sadhana (daily spiritual practice / meditation / prayer / fasting

Sunday, April 21, 2002 - 8:30 a.m.*

Each day, you make use of this special key, meditation, to join us in this reserved space. All our candidates can do the same and rejoin us in their hearts, where the contact can be established. It will be different from that which we have with you; it is specific to each one of those who aspire to receiving us and depends on the intensity of this call. It is enough to ask to be heard, and often, to receive, according to the nature of the request. You can then be cut off from the rest of the world; your hearts are doors that open to the infinite, and through them many possibilities are offered to you. By having this inner life enriched with your spiritual experience, a luminous world – accessible at all times – is created inside you. You are never alone, you are heard; your souls can be united with the multitude of those that praise the Almighty and His works. A flame is burning in you, which adds to all those resembling it. They are legion and they light up a blessed space, unique in that it is dedicated to the divinity.

Thursday, April 18, 2002 - 10:00 a.m. Meditating deeply, letting oneself slip into one's heart of hearts, is this not a blessing every time? These intense moments are not ordinary, but they must be lived with utmost devotion. You all who follow us faithfully, you know such moments, more or less strongly felt and enriching in many respects. Advancing assiduously in our practice, you enjoy its benefits; never doubt it. One day, the goal will be reached for your good and to your greater joy.

Wednesday, August 21, 2002b - 10:00 a.m

Yes, my daughter, you can say again and again until your last breath: My God, I love you. He never disappoints us. He is our only true friend, you have known this for a long time. Humans are fickle, God is not. He has his laws that are not to everyone's liking, but they exist only for our good and that of creation. People's small-minded, narrow reasonings cannot grasp the full significance of this. All of you who have already taken a big step, you are beginning to see the soundness of certain rules. Whatever happens, be surrendered to the divine will and grateful for having reached this point of evolution where there is ample room for hope. We will not go any further; rest, meditate, for the moment. (Later) You have gained insights that many great scholars do not have. 'In my Father's house there are many abodes.' (the Gospel of John) There are indeed areas that are inaccessible, even to some highly educated people, to brilliant figures with prominent roles in this world. God has his own criteria, which are not those of humans. You are blessed, my daughter, never forget it.

Monday, February 11, 2013 - 10:00 a.m.*

See how good it is to focus one's attention on the centre point of this [esoteric] star symbol; it opens the door to serenity, that which kindles the soul to love. Our way has many advantages and they can be discovered over time through extensive and sincere practice. We wish more than ever for our abhyasis* to achieve productive results that can generate the best for our Mission. A fervent heart that is convinced of the benefit it receives through sadhana is all the more motivated. We look forward to the greatest blossoming for this whole Sahaj Marg way and for all our brothers and sisters. Times are tough in this world and they will not get better anytime soon. The recourse of faith, in the Master and in this Mission which he is serving with such brilliance, is a major asset in an incarnation. Joys, human pleasures of all kinds, do not last; they are part of this world of illusion where everything passes and sinks into oblivion, sometimes leaving regrets or much sadness. Only one's personal achievements last when it lies beyond the scope of materiality and elevates the soul to its highest destiny. A spiritual process like this is very productive; in half a century of existence, it has created an aura of beauty in this world. It stands out among humans; we are not the only ones working in this world, but the results in such a short time, compared to what has existed for centuries, are very compelling. It is up to each one to become aware of what a spiritual journey such as this brings about, and to enjoy it fully. These benefits are not illusory; they transform the aspirant in the most subtle part of his being – there lies the wonder. May all our brothers and sisters advance as far as possible under the auspices of their Master and our collective support. * practice/follower

August 1991 Cannes: Sell your apartments and leave Cannes to go and settle down next to the ashram in Montpellier, we will guide you. You have a lot to do there.

Wednesday, December 9, 1998 *: M: "Babuji, I have come into the 'star' to meet you.

B: That's well; the thirteenth point is that one. Why are you always doubting?

Monday, August 30, 1999 - 10:00 a.m.

Babuji: Do not forget that this dream can become reality in a another form than a physical one. M:

Yes, I see, Babuji, but for me this physical form would be a joy; at my small level it would suit me.

It is as you wish; what matters to me is what you deem good for us, for me, my Beloved.

Monday, December 17, 2012 - 10:00 a.m. *

Regain serenity, visualise the centre of the 'star' and immerse yourself in us. There lies peace. The turmoil of this world is forgotten and your heart surrenders to us in the most beautiful manner. There, can begin this process whereby we engrave our energies upon you through words that are noted down on paper. Your heart is ecstatic and you can transcribe our thoughts. That is a whole process that transcends the gift itself; we go well beyond it through these sublimated contacts in which we express ourselves in a special way. These writings are highly charged; with time our abhyasis will discover their richness. This richness goes well beyond an initial superficial impression. One who is attentive and committed can discover much more according to the aspirations of his sensitive being. The heart is the celestial guardian; when it is sufficiently open, it can recognise the importance of what is proposed to it. The heart is the seat of the soul, and there lies the real mystery. All the great mystics of the past already knew it, but this revelation will unfold in due time. We are preparing receptive beings for that revelation. Our way is geared toward that. It is suitable for the present time and is preparing for the future through a true advancement taking place in the hearts. True mystics, those on our path who are totally committed, are highly promising elements and are valuable to the way. The heart gives life, not only at the material level, and yet it remains a mystery to man and is the centre point of his evolution. By the grace of the Masters, he can perceive these faculties and he can act to promote what he is calling within himself and which is exalted by the divine power. Let peace reign in everyone.

Wednesday, November 10, 1999 - 10:00 a.m.

M: My God, I would like to tell you, "I love you, I love you, and let that echo lose itself in infinity. I don't control anything today, Babuji. I feel completely swept away by this tidal wave you speak of.

B: There are days like that, when the soul cannot bear being separated any longer from the Creator by a body that chains it to the material world. This waiting is the best thing for it, forcing it to go to the end of its quest. This inner demand, this call, is what makes you all progress; you can't turn back anymore - it's too strong, too powerful. This divine energy, which develops at the heart level, starts whirling like a cyclone and sweeps you away. These are wonderful experiences we wish for you all. Constantly call the divine presence so that it can manifest in all its splendour to your dazzled hearts. This is a special day for you, my daughter. See that your circle benefits from it. Attend to your activities while remaining as much as possible in that condition.

Saturday, November 13, 1999 - 8:00 a.m.

You can quote that definition of chance we gave you a long time ago. It is and will always be relevant as long as the Earthly world exists: 'Chance does not exist, it is an opportunity given to human beings for their destiny to be fulfilled.' Absorb this definition, all of you; observe anything unusual happening in your life and think of what it can mean. There are signs that should be seen and not ignored. Life shakes you up sometimes. It makes you all go in directions opposite to those you are following, and that unsettles you a little, but it is your destiny that is being achieved and you cannot escape it. Be always surrendered to divine Providence, let our work be accomplished; we always act only for your good, even if some upheavals are painful to overcome. Remain confident, no matter what happens; what is not to your liking is sometimes necessary to make you move in the right direction or make the right decision. We ensure that the best happens for you all, and in spite of disconcerting appearances, you must remain confident.

Thursday, November 26, 1998 - 5:00 p.m. One day, you will be detached from the problems of daily life. Your house continues to grow larger and more beautiful. Your friends are dependable and good elements for the Mission.

Saturday, August 28, 1999 – 10:00 a.m.

Try in all circumstances to master your emotions. They can be devastating and create samskaras in you. Faced with certain situations, remain as much as possible immersed in us, in our energy, which forms a shield of protection with respect to certain aggressions. Always remember this and put it into practice more and more often; that will become a natural reflex.

Saturday, August 15, 1998 – 11:00 a.m

Do you believe that I did not have to 'put up' with my family? My sons made me suffer a lot. From life to life, we have to settle accounts with one another, without really knowing why. All these frictions are useful for our development. They push us more and more to go inside ourselves and find the strength to endure sometimes difficult contacts with others; they can also, in retrospect, give rise to reactions that are beneficial for us. One should learn from all experiences, good or bad. So, whether you still consider her as a daughter or not, you have a karmic connection which cannot be undone by an affirmation. Nobody is perfect; daughters by blood might have given you other problems. You suffered enough in previous lives. Believe me, you are privileged. But remember that it is not enough to repudiate someone to make things right. Go on your way, leave these little incidents behind you. Take refuge in the sadhana; you have not understood this truly. The essential is elsewhere, far from all the hassles of daily life. They are there only to make us better taste the joy of uniting with the Divine. Think carefully about this. (M): Babuji, I am not well. (Usual malaise.) That's nothing, meditate. You will feel better afterwards. Babuji (I actually felt better afterwards.)

Tuesday, July 14, 1998 – 11:45 a.m

B: My child, meditate, meditate, your salvation lies there. How should I tell you? We know that this immobility is painful for you, but make an effort. Let your weak point become your strong point. The spiritual conquest is made of constantly renewed efforts; success is at this price. A long process is necessary to reach the centre. The course is long and sometimes painful; only the strong succeed. It is easier to enjoy the pleasures of life without worrying about the true path, but you know this. Never look back, but straight ahead, towards the light, the bliss, this is the goal. How can you neglect what few human beings know? I bless you, my daughter. Soak up this message well. Never doubt the messages you receive; you are a privileged person.

M: Yes, Babuji, I do not meditate enough. It is my weak point. O Babuji, it's wonderful to dive into oneself like this! O beloved Babuji, thank you.

Wednesday, June 30, 1999 – 10:00 a.m. M: Yes, but in the meantime, one has to manage the situation, Babuji.

B: Forget your health problems, one day your body will be nothing but ashes. For the moment, you are coping, don't be anxious. You are surrounded by delightful people, each one doing what she can for you, and we – we are there too. Yes, this book on the Golden Jubilee is very well done; it is not updated, but it gives an overall picture of the Mission, which can help a beginner to better grasp it. We will be near you during this weekend. This will be the baptism of fire for our new recruit; we keep an eye on him. Rest, my child, don't waste your energy unnecessarily; it is precious for you in serving us. .

Tuesday, October 31, 2000 - 8:30 AM

In all life events, what is important for you, is to keep your self-control and the attitude that corresponds to your deep convictions. To feel connected to your Master, in all your tribulations, protects you from harmful effects. He must remain your lead in all circumstances; you are under his protection. He cannot save you the inherent hitches of all lives. Ordeals are unavoidable, formative, and free you from your chains. They must be accepted in this spirit, without rebellion, since they are steps that hoist you gradually toward the peak. We repeat that: all is counted. Live in surrender and confidence, happy and conscious of being lucky to leave behind you the darkness of ignorance. Faith is a torch that illuminates your road. May love illuminate your life and protect you from evil, while delighting your soul and making you advance joyfully.

Wednesday, August 4, 1999 - 8:00 a.m.

The religions that deny reincarnation are in contradiction with their customs, which consist in performing rituals of purification on the child right from birth. Why should the child be purified if he or she was a spontaneous divine creation and already in a pure state; what else should be added? The adult, on the other hand, must undertake an inner cleaning, which is what an abhyasi must do. This work is essential to let the divine energy penetrate. The transmission, as we call it, is carried out all the better if the receiver is in the best conditions for receptivity. It is one of the rare paths where so much emphasis is put on this preparation. To meditate on one's own tendencies is not good, as it only reinforces them. Abhyasis can all the better receive if they prepare themselves assiduously by doing their cleaning each evening and by being regularly followed by the prefect of their choice. They will then be under optimal conditions to receive this true blessing, which is the pranahuti. Our way is simple; perhaps it is necessary to further recall how essential regularity and rigour in practice are for one's progress. Missing no seminars, no group meditations, that's good, but make sure you don't neglect this personal preparatory work that can seem demanding but is an indispensable foundation for obtaining the best results. Think on it, don't let up; correct yourselves on this aspect if necessary, to set out again on the right foot. The road is long. It's better to be well equipped and to benefit fully from the richness of this way.

Sunday, April 6, 2003 - 10:00 AM

The very great Revered Lalaji, my Master, entrusted to me a treasure, the Sahaj Marg Mission, which then began its opening in men's world. The time had come to provide the world with this way, which is very simple but capable of helping it go through a space reserved for the sages. The new era which is appearing on the horizon requests other systems of thought, as well as a more decisive approach to the Divine. Man of future centuries, emerging from the coating he was confined to, will let the waves of universal love carry him. He will seize the opportunity by using the means at his disposal. Spiritual life will go on developing and making this world a good place to live in, open to a reality so far rejected. He will not stagnate any more in the haze of ignorance, as is the case today, where man is always bustling about in all directions, without finding a remedy for the evil which is wearing him down. He is searching outside for that which is in reality within himself. He runs after ephemeral satisfactions and builds nothing lasting. This thirst for life, which characterizes him, is in fact only a thirst for the Divine, which tries to prevail in him. His soul is longing for something other than this pursuit of base pleasures. When will he understand that within him is the wonder that lies dormant, waiting to draw his attention? May God pity him and instil grace into him.

Friday, May 24, 2002 - 8:00 a.m The kingdom of God is vast; each one has his own place; mine was long reserved and my Revered Master was awaiting me. He was my guide here below and he remains so. Although we have our respective places in this divine circle, our souls are united forever.

Wednesday, June 11, 2003 - 10:00 AM We have more than one way of appearing to this beloved son. We follow him throughout the days and his existence on this Earth is valuable to us in many respects. By appearing to him in this way, we show him another facet of our love and our interest for his action. Sahaj Marg has taken India as its chosen country. That country has always been the noblest place for the blooming of the spiritual life, in a spirit of openness that does not exist elsewhere. That country is blessed and after gigantic upheavals have occurred, it will remain a land of welcome and resuscitation for souls in distress. This fact is important. It must be underlined and prepared. Light of this country will keep on shining after chaos has destroyed many other countries that pretend to be headlights because of their economic power. These arguments have little value compared to the Eternal Divine Power orchestrating the great movement of the planetary elements. Spirituality, in the immense country of India, is the best ferment for changes to come, which must transform this world. We have already stated that quite often. Spirituality is the great hope for the future. Human constructions, even the most wonderful, will not resist time; only God's power will prevail on Earth, far from this civilization devoid of common sense, and which will sink into complete oblivion, like many of the others before it.

Sunday, June 8, 2003 - 10:00 AM You sometimes take these messages under difficult conditions that require big efforts of concentration. If it is the case today, then try to find in yourself the necessary calm and we will be able to proceed. Do not dwell on considerations such as: 'I don't measure up.' They are irrelevant here. One does not say: 'It is easy to criticize but difficult to do.' Taking thousands of messages like you do requires having gifts not common to most of the human beings in the current cycle of evolution. Let us stick to facts. These messages exist and they will be recognized in due time, without being affected by this kind of objection. What must be, will be. We admittedly repeat ourselves throughout these texts, as anyway our remarks are insufficiently applied. By constantly coming back to the same topics in different ways, we hope to touch on something close to the reader's heart and let a true awakening emerge from him. Therefore, see in these many repetitions our eagerness to put you in conditions that are the most conducive to working with the essential support and blessing from your Master. There are so many things to do, and we want you to get the best of them. Each one of you must strive to obtain the plus that can put you in optimal conditions to achieve the targeted goal of this spiritual process. To foster it, nothing is superfluous. You should all consider any event of our Mission as a reason to feel satisfied in terms of meeting your inner appeal and making you progress.

Saturday, February 2, 2002 - 8:00 Am These messages will have a mixed reception and will be understood in different ways. Their origin is unusual and their content, seemingly very simple, hides subtler teachings than it may appear to be. It is really I who am here. You are not mistaken. Did I not come the previous years? You appeal to me in your heart on this anniversary day of my birth, and my valorous spiritual son lets me have his place, to underline in this way, for you and your circle, this day with a very special blessing. The Mission has made headway since its inception in Fatehgarh and it will not stop growing at its own pace, as it must do in the future. By divine grace, my Son illuminated it with his greatness, and his successor is doing an exemplary job. He is our very worthy representative and we are thankful to him for his serving a cause that requires so many efforts of him, and causes him such numerous worries. All is numbered; he advances ennobled by this so-well-accomplished mission. Love guides his footsteps; he finds in it the best possible energy, to advance on this long and arid road, leaving his heart thirsty, as it will find true joy only when he has rejoined us. We surround him, as was rarely the case for a spiritual Master, so that he can go on until the end of his mission. May blessings directed to him and the whole Mission on this particular day, be felt in each of your hearts." Lalaji

Sunday, July 16, 2000 - 10:00 a.m. Pure hearts will see the beauty of these messages. They will feel it within themselves. They won't be able to doubt their authenticity and they won't dwell on the literary form. We have already expressed ourselves on this aspect; it is precisely their simplicity that will touch the sensitive souls. Each one receives what they need. It's their deepest aspiration that attracts to them the spiritual nourishment suited to them. Yes, this world is vibration; we've never addressed this aspect. People should also admit to this reality, which is the foundation of all creation. This comprehension would allow humans to better situate themselves and realize that they are but a miniscule piece of the 'Great Whole'. The universe is a vibratory mass in motion. The human being is one speck of the dust of an atom, vibrating in space; this is something to ponder. In the future, humans will have to reconsider their conception of the universe.

Wednesday, July 19, 2000 - 10:00 a.m. Why do you think you don't deserve the graces you receive? Only we can judge that. My dear child, perfection does not exist in your world. Tending towards it is already a good process. Where does merit lie, who can judge? No one. None of you has the ability to judge your brother or sister. You must first look at yourselves, observe yourselves with attention, without weakness, and then draw the necessary conclusions. If one is honest, one has quite enough to do with oneself before turning to one's neighbours and criticizing them; this attitude is common among you all. Be wary of being in judgement, there is nothing more fearsome than that. The yardstick you utilize will be turned against you. Be in peace, each of you, with your circle; make efforts to rid yourselves of an attitude that can only harm you. Today we had to revert to this important issue. In all your conscience, whoever you are, you cannot afford to play the judges; that would backfire on you. Think about it.

Wednesday, January 17, 2001 - 10:00 AM. The Earth is revolving and will keep on revolving for a long time. The whirl of men who populate it will continue until the moment when their own cycle of incarnations on this planet has come to an end. The history of this world is very rich and so varied that you would remain astounded if you knew it. You know relatively recent facts. What are three or four thousand years? Two thousand years are like a day; twelve thousand are a series of new beginnings, not more, on a time scale. Incredibly rich civilizations that existed would stagger ethnologists and all categories of researchers as their knowledge is reduced to their capacities of comprehension. Liquid and solid spaces moved very often in an way unimaginable for man of the twenty-first century. He would remain staggered, if he could go twenty thousand years back. That would not serve any valid purpose as far as he is concerned. His life program is here; he must face up to things now. It is good for him to think about what life was in the old days, but this reflection is valid only if it leads to being aware of one's smallness, and in contrast, of the power of the laws that govern the universe and each of the innumerable existing planets. The power of the Creator is boundless. That must drive human beings to the greatest humility and to devotion, which is the finality of their life on Earth.

Wednesday, June 19, 2002 - 10:00 a.m

It is necessary to put up well with the ill effects of age; I experienced them, what else can we do! You still have an area where everything keeps growing and becoming more attractive. This secret garden, hidden from inquisitive eyes, gives you many compensatory joys. Take refuge in it and dismiss regrets about things that do not exist any more. Other prospects are taking shape for you; they will not be subjected to the ravages of the years. Remain centred as much as possible on your inner process. See it as being pleasant at the utmost; let it bring you the subtlest joys that would erase your torments. You have this great luck; feel sorry for those who do not have this refuge, who ignore God and do not know that an elsewhere exists as an extension of this life, which they believe ends definitively with death. Thank God and the Masters who show you the way endlessly. It is open before you; nothing can repress your impulses, which do not depend on your physical form. The power of thought is great, you know it; it can build worlds. You should practise seeing this one better, and seeing the souls of your brothers rise joyfully. Organise yourself endless voyages to the spheres of the spirit where the divine power gives its best.

Sunday, July 19, 1998 - 10:45 a.m

We will use you more and more to give messages that will help your sisters and brothers in everyday life, with all its joys but also its sorrows and difficulties of all kinds. You all live in a world of hardship where love is singularly lacking. It is everyone for themselves; one can find no joy in living like this. Selfishness dries up the heart and leads to all kinds of faults. Make an effort to open up to people and be attentive to their problems; this is not a waste of time. Understanding is an act of love. There is no need for great promises; it is enough to surrender to the will of God and to be truly willing to serve as a channel. Time on Earth is short; much longer is the time for accountability. So, take this luminous road; it requires some effort, but it is worth it. You who are fortunate to have an effective spiritual method, don't neglect this aspect of sadhana. I strongly urge you to do so, with all my blessings.

Friday, July 2, 1999 - 10:00 a.m

B: Many great enlightened beings mark an epoch with their influence and do not necessarily leave a teaching that is perpetuated, or disciples. Yes, Ramakrishna protects the Mission, as Vivekananda has told you and as he does himself. My child, say it, say it always, this leitmotif, 'My God, I love you', is not likely to weary Him. In certain countries, you would be called 'she who loves God.'

M: That is right, Babuji, I have only that to offer. The precious stone God has placed in my heart, and which is called 'Love', is His.

B: Make sure that this precious stone with a thousand sparkles, a thousand facets, does not remain invisible. Open the jewel case that conceals it; pure hearts will see it. Rest as much as possible, we love you.

M: My God, thank you for all that you give me; forgive me for complaining. Only litanies should come out of my mouth to express my gratitude to you.

Friday, April 23, 1999 – 8:00 a.m

Live one day at a time. The future may not be as dark as you see it. You have always stood firm; we are here to support you. Some means must be found to relieve you. Don't be so anxious. Your life is not over. You still have a long way to go; there will be some respite. You still wish to serve us, therefore, don't lose heart. The benefit of the big celebrations is that they motivate our members; the preparatory work that is being done energizes them. This year in particular, minds are becoming refined. They are grasping well. Many can sense that 'something' is happening; this is progress. We are happy to see them in this state of receptivity. We are often torn between the wish to crack down or to bless. The Westerners are a special case; we cannot expect them to react like Easterners. On the whole, there is progress.

Friday, March 31, 2017 – 10:00 a.m The laws of Karma cannot be circumvented, they defy time and all human plans. Thus they assert themselves in a strategy that is difficult to grasp. What can a human being do in the face of them other than accept in the most beautiful surrender. Happy periods in life are not measured at their true worth – how could they be? Acceptance is the only way out of this long progression. What is acquired over the course of incarnations is precious and constitutes a real asset, decisive for the rest of the journey. Following a spiritual path broadens the horizon; what discoveries it allows one to make – they have their own importance, you can believe it. A moment comes on this Earthly journey when everything truly takes on its importance. Each of the gains in a life is precious; this constitutes an endless chain through which a person's Karma can be accomplished. May the best be.

Saturday, November 8, 2003 – 10:00 a.m Losing yourself in God, forgetting yourself in Him, to become one with Him, that is the apotheosis, the supreme joy to which your hearts aspire. All that each of you undertake in this spiritual quest that has brought you to us only aims for that: total and perfect union with the Divine. Our faithful aspirants know this well. They feel this call without really defining it, and yet they are advancing, climbing on the path leading them to the peak of the sacred mountain as evoked in the esoteric literature. This peak to be reached is within them; their journey made them become aware of this fact. The only true richness lies within them; it is enough for them to discover it and honour it as is proper. The spiritual heart is the centre of the being, it is connected to the Source. Approaching it is a slow process, and our system is a good means of succeeding in that approach. It is enough to go up the spiral towards this centre, which is the culmination of the process. At that stage, it continues in a different way. It follows different channels of more subtle energy, divinized and defying expression in human language. Following the channel, with faith and ardour, allows for every hope of success. Be well aware that the main thing takes place there, at the level of this heart, the sacred temple already mentioned in these words, where the purest alchemy occurs until the supreme outcome. Be centred on this blessed place. Let joy dwell there, let it transcend everything and make each of you minimize the risks of your lives on Earth. The joy of existing beyond this one, of living to love, to grow stronger in this love, to be thankful and to serve – that is what each one can do in their own way. Think about it. Be blessed in this endeavour.

Monday, March 25, 2002 - 8:00 a.m Faith is the driving force of spiritual life. Without it, cool logic supporting an intellectual process cannot be fruitful. The search for God must take place on other planes where reason is not at the centre of action. The great mystics do not venture into this arid way. These kinds of equations are strangers to them; they love, quite simply – far from any mathematical rigours. Their wondering about the destiny of man, the mystery of life and the greatness of God, is done in a very different way, as it is prompted by their hearts. Only this aspect of the process can help them to progress. Developing love opens doors for them that would have remained closed. No other motive would succeed in that. These keys are not accessible to all; they can be crafted by a specific state of mind. The code is secret, it must be looked for, and it adapts to circumstances. The evolution of the candidate determines the changes thereof. The mystic crafts himself his own specific key, secret to the eyes of men. The complexity and elaboration of the relevant system are recorded in the great book of life. This characteristic will accompany him in his long rise.

Sunday, March 24, 2002 - 8:00 a.m To be detached from useless things and go towards the main thing is the most constructive process you could follow. Putting setbacks in perspective is conducive to the stability of the inner condition, which facilitates the expansion of the soul – which is intoxicated with a flavour of eternity. Do not lose sight of this objective. Downplay the ups and downs inherent in any life by acquiring the frame of mind of a true mystic: outwardly active and yet floating, soothed in this space where serenity prevails, in the heart of the divinity. We insist on this double aspect of the process; you must take the necessary steps to act for that to happen. It is what is at stake for your success. For you, it all depends on this balanced attitude, in terms of a line of conduct whereby polarities are harmonised. The attainment of the goal requires all your efforts. The end result cannot be obtained easily. The saying 'many are called, but few are chosen' should not be lost sight of. Progress comforts the candidate in his search and gives him the determination to continue, confident in his success, under the aegis of his Master.

Thurs, March 28, 2002 - 10:00 a.m Your soul chose its way; so was it bound to happen. It grew richer on other paths before coming to us. It was not about love at first sight, as it exists among humans. Your heart guided you towards us for your greater good. Thus is your vocation fulfilled; your gifts serve the Mission in terms of imbibing hearts with the teaching conveyed through these messages. They shed a new light. Our comments are ageless; they will resonate for a long time on this Earth, which will be nurtured by them. The new era will find its food therein. A revolution will be accomplished in hearts that will hopelessly look for evidence of the beyond. This process will intensify, the beings will be caught in a swirl that will leave them astounded, and beseeching the sky to show them the way. Our way will be able to en- lighten them, to guide them in this mess where only such signs will be able to reassure them. Will man eventually understand that a very powerful force exists and that its ire can also manifest itself? Their helplessness will attract a mercy that only it will be able to soothe their hearts.

Sunday, October 24, 1999 – 10:00 a.m.

M: You are more than one sun to me, you are thousands of suns.

These moments of joy that you allude to, you are the one who gives them to me when I feel my soul transported by love. This kind of intoxication is expressed by a special gaiety that I share with the souls you have surrounded me with and who live this beautiful story with me. How could we forget you? Your soul is like that of a child waiting only for love. Even if we wanted to, we could not remain insensitive to its call for long. You ask us every day to forgive you for that which you don't do correctly and which may displease us. Rest assured, my daughter, you are not perfect, far from it, but your goodwill, your sincerity and the strength of your love cannot but make us melt and see only the good side in you. So you see, that's how we let ourselves be softened. Don't we have to 'become as little children again to enter the kingdom of God'.

Saturday, January 8, 2005 – 8:00 a.m. * : The five-pointed star symbol which was given to you represents the Mission in its expansion into the future."

Friday, May 21, 1999 – 10:00 a.m.

Beware of your own reasonings, even if you all think you are smart. Have the humility to see yourselves limited to a very small sphere. All the beautiful dissertations you can give on this or that aspect of life are questionable. Don't have too many illusions about your own person. We watch you as parents do with their children, and your simplistic little theories make us laugh, even if you believe you have discovered the alpha and omega. It is good to analyze, to reflect on all that surrounds you, especially on what you do not understand. But don't have final opinions and don't believe you hold the truth. You would be greatly mistaken. Meditate well on all that and, above all, remain simple.

Wednesday, April 21, 1999 – 8:00 a.m. You see how meditation is beneficial. It soothes your heart and your body. Afterwards, you can feel the difference in your condition. It is sovereign, and so is prayer; the two complete each other. They build one's spiritual life and are necessary for it, in the same way that 'a roof over your head' protects your material life. Could you do without it, now that it has become second nature? Imagine your life without sadhana; it is an indispensable food for the balance of your entire being.

Mon, Sept 6, 1999 - 10:00 a.m

M: Babuji, you are my beloved refuge, my joy, my happiness here below. In these ecstatic moments, my Beloved, I can only speak and repeat your name and say thank you my God.

B: Yes, we know, you are no longer completely of this world, but you must still stay to finish your work. Emerging from this contact, you will question yourself: should this be kept in the text? Do not be afraid to show a little some of the secrets of our contacts. Opening one's heart and letting it express itself, what can be more beautiful! Grumpy people, entangled in their principles, will think what they want. Let them get down to work and proceed in line with this real spiritual work which is not taking place at the level of the intellect, but that of the heart.

Tuesday, March 26, 2002 - 10:00 a.m So many signs are shown to humans, to which they often do not pay attention, however which have some importance for the remainder of their existence. The Ancients were more observant, less caught in the swirl of the troubled life led by your contemporaries. They knew how to decipher events, however insignificant they were. This civilisation does not encourage man to interiorise himself, to look at himself thoroughly, to see the signs in the sky and on the Earth around him and in relation to his fellow man. Noise, and the amount of information of all sorts which reach him, generally destabilise him. He loses his identity in this prolific society. Only a return to more wisdom will save humanity caught in this swirl, which unsettles it. Man will have to revert to true values and put up with a better-balanced life, to again find the true meaning he must give it. A behavioural step for change will have to take place to reach this stage. A complete change of parameters will have to occur for him to make a fresh start, since by himself man cannot truly change society.

Sunday, May 19, 2002 - 8:00 a.m

You should endeavour to cultivate that in you which does not age and does not weaken: your spiritual nature. Put up with your body that serves you as bravely as it can. It [the body] is not eternal. It is the precious tool that allows you to do that which you came for, i.e. to evolve. For this reason, it deserves some consideration and you must be thankful for what has been given to you. The physical body is suited to the system of life necessary for evolution. It is made- to-measure, shall we say, and it is perfectly suited to the way to be followed by the incarnate entity. Thus the karmic laws apply as best as possible for each one. The human being does not understand well all his subtleties, as he is insufficiently informed of the rules in this field. All the opportunities are to be seized by the seeker; this spiritual way is critical to him. He tries to make the most of all situations, thus enabling him to grow in faith. The way can seem long to him; he has moments of weakness, discouragement, but this faith which drives him is the strongest and prevails over everything.

Thursday, June 29, 2000 - 5:00 p.m Today, you will have only softness; each of you three need it. Take refuge in the practice. AM and F do not realize the importance of these messages and the impact that they will have in the future. Be blessed

Friday, February 8, 2002 - 10:00 a.m The source is not dried up; we are here and will continue as long as necessary to keep up your faith. These many repetitions are not useless; you change and your comprehension widens. Therefore, we revert to some very simple truths, on which it is good to insist. You receive them differently; you have changed, and for this reason you have gained some knowledge on many points which you believed you had grasped inside out. Your intellectual approach showed you a facet of the subjects covered previously. Today you can go further and take in differently what we say. Your view of things must be brought back to the main thing and not be carried away in complicated deductions any more. All is simple regarding real spirituality - that which corresponds to real progress and which is not based on data likely to satisfy superficial and factitious knowledge. The path is increasingly narrow when you progress, and sobriety ensues, brightening up the way. Superfluity eliminates itself, the candidate moves away from what burdens him unnecessarily. He sees through himself, finally, and he can make decisions that are essential. Henceforth, he will carry out his life with wisdom and discernment. Having reached this stage, all becomes clearer for him; there is no more time to waste. That is how a soul is brought to being able to rise without mishap and in harmony with the being of flesh, the vehicle which serves it in this lifetime.

Sunday, February 27, 2000 - 10:00 AM It is good, my child, to offer him your heart. A new relation from Master to disciple must be able to be built. Finally, open the gates and let the omnipotence of love manage to show itself between you. This is what we are awaiting since a long time. You both make life difficult for us. Nothing is simple with you. But we are confident, we are progressing and the result will be achieved at the end of the day. We won't insist anymore today so as not embarrass you; you have enough to think about. Be blessed, my dear daughter.

Friday, October 5, 2001 - 10:00 a.m.

Do you realise that this place is vibrating with a special energy? It should help you on this day when you are not in good shape. It is good, also, for all that relates to spiritual life to perform some rituals, not only at the same hours, but also at selected places reserved especially for that. This conditioning fosters your interiorisation. Do not let your worries override aspects that are the most important to you. You should try to put things in perspective and keep the option open to take refuge in this blessed place, which provides you with irreplaceable joys. Life is an invaluable present; it should be seen from that point of view. Even if it holds nasty surprises, it remains what it is: a unique opportunity to stride towards eternity. Be thankful for having the opportunity of showing your faith, your love and gratitude for the choice of life that was made for you. One needs a lot of greatness of soul to put up with it. In certain circumstances, man would like to escape his destiny, which he cannot. That is how it is. The best he can do is to accept it with gratefulness; he will make giant strides.

Wednesday, August 8, 2012 - 10:00 a.m.

Let your heart relish these moments of profound peace – is it not a perfect introduction to this contact! The pencil is running on paper, but your soul is in the greatest jubilation. Beginning a day in such a state of fervour opens up attractive prospects despite the moroseness resulting from the fluctuations of life. Many of our candidates proceed in this manner; they capture the best through this morning meditation. In that way, they keep within them the fragrance of a transmission emanating from the divine heart of their Master. Are they aware of the importance of it? Are they available and sufficiently committed to this practice? Some days are more conducive than others to the blossom-ing of the soul, hence our insistence on attending group meditations and, more so, the large gatherings related to the birthdays celebrated every year. Thus is the life of our Mission; the meditations are very important as they provide a very special means of connection which benefits all aspirants. They attract many souls who then also participate in this divine feast. The winning of hearts is the most beautiful and noble feat in this world where so many ugly things happen. Blessed are the pure in heart; theirs is a path of splendour on which the divine power manifests itself unceasingly for the good of the greatest number of people. There lies the goal to be reached; the alliance of the Masters is working towards it. May each one achieve the best according to the aspirations of their soul.

Thursday, August 22, 2002 - 10:00 a.m.

Your coming together makes me happy; sharing the same love is exciting. To sing the praises of the Divine ennobles the soul. The chorus of your two hearts joined together, dedicating these songs to me, is infinitely moving. The time has come for you to lighten your cockpit and to soar. By rising in the air, you will no longer see life in the same way. Your eye will be cast onto new horizons, beyond your current view. Your heart will feel free and joyful, not having the same constraints any more. Detach yourself from this world; don't attach more importance to it than necessary. A true mystic advances in life without letting himself be affected much. His faith in God and in his Masters is so great that he is in utmost confidence, no matter what happens. He keeps giving thanks for all that he receives and he waits peacefully for his destiny to be fulfilled. Until the end he will call upon them, knowing that he is heard and understood; he has been given evidence of it many times. He knows how to perceive the smallest sign and to express his gratitude. One cannot give too many thanks when the heart overflows with graces it has received. Develop love in yourself more and more, my daughter, it is your primary vocation.

Friday, November 19, 1999 – 10:00 a.m In a way like ours, we do not impose anything, only the true aspiration of the abhyasi matters. Authoritarianism is not our style; with us, there is no 'brainwashing'. An important action is going on in Europe, especially in France, against spiritual movements that are far removed from religions. It is worrying because these well-organised actions are geared towards a deprivation of individual liberty. This country cannot go back and revert to the obscurantism that prevailed for so long. One needs to have patience and wait for minds to be willing to open up. Old Europe is falling behind in many respects. It has long since ceased being the beacon of the world. In many fields, it has a long way to go to catch up. There also, two powerful forces confront each other, good and evil, with all the resulting frictions. As far as all of you are concerned, do not lose the thread, and don't let your- selves be affected by negative comments concerning your way of seeing and leading your lives in this respect. Your heart is the most precious lantern you can possibly have; trust it to guide your steps.

Wednesday, July 14, 1999 – 10:00 My child, the message of hope comes from all these souls advancing towards the light, who are light. They constitute a serious antagonism to the evil gnawing at the Earth. These luminous points can counterbalance the evil and, to a certain extent, help. The destiny of the Earth, like that of humans, must be completed; that's the way it is. Don't be too alarmed; don't panic, for the moment. Wait to see what unfolds. There is nothing any of you can do about it. Pray for those responsible for this catastrophic situation. They will not necessarily pay for their blunders on this Earth, but these blunders will follow them. Creation is so beautiful; from the infinitely large to the infinitely small, such perfection exists in everything. Take, one by one, the elements created in each kingdom, you will be dazzled by so much beauty, wisdom and logic. At the origin of this creation, before human beings undertook to modify it and thus destroy it, each element lived its own life. Humankind has evolved, but this evolution has not brought it where it ought to be. This phenomenon is specific to the human race; the other kingdoms also suffer from its excesses and arrogance. Evolution has not taken place in the right direction – the good of humanity. We repeat it, only spirituality will save the world.

Sunday, August 29, 1999 – 10:00 a.m. Don't think of the future, my child, you have enough to do with the present. For as long as the world has existed, humans have adapted themselves as best as possible to the great mutations of the Earth, to the great upheavals caused by cataclysms, dividing territories, creaIng continents, islands, climate changes, mountains where there were none. The Earth has been torn apart, ill- treated, battered, shaken, and that is not over, but don't worry yourselves about all that. The Earth's life follows its course, as yours goes its way. You are all passing through here below; the Earth is not. Its time is not fleeIng like yours. It will still have much to undergo; humans themselves do not spare it. That is the saddest part of the story.

Tuesday, September 28, 1999 – 10:00 a.m. You are all on a luminous road; blinkers still keep you from seeing the beauty of it. Gradually, and in contrast to the prisoner locked up for a long time in the darkness of a jail – who with time recovers normal eyesight when returning to the light of day, you will discover what surrounds you in this inner sanctuary, and you will be filled with wonder.

Friday, March 1, 2002 - 8:00 a.m Who has no weaknesses, my child? A human being must continuously face up to difficulties. They accompany him throughout his life, and they happen to take on an excessive importance according to circumstances. Nobody is perfect and life is not simple. One needs to be very strong physically and morally to always act as a hero. True strength, omnipresent and immutable, is this presence in man that gives him the courage to advance when everything seems desperate. He has no control over it [this presence]; it lives in him and is granted its importance by a heart that knows how to perceive it. It comforts, it strengthens a being and keeps growing when it is called with fervour. It offsets human insufficiencies when a true place is offered to it, and it strengthens the most destitute. This powerful flame, which can grow ad infinitum, makes the weakest being courageous in the face of danger, and valiant throughout his life. The only true resource of a human being resides in this power which he cannot define, and which can help him in all circumstances, whatever the name that he gives it when it is called.

Friday, November 25, 2016 – 10:00 a.m.

Life is a whole, the very essence of which escapes human knowledge. It cannot be truly grasped in its reality, that time has not yet come. Many steps remain to be taken before that can happen. This world advances step by step, according to the needs of the moment; only an unprecedented spiritual advance could change the face of things. Nothing can be forced, in this domain, the divine laws cannot be circumvented. We revert to the same topics – how could we do otherwise. The normal cycle of life must be respected so that true values are established here below, in every respect. This does not seem possible at present, but a time will come when everything will be different. At our level, Sahaj Marg contributes to the spiritual elevation of many human beings. They are our brothers and sisters, and this is not mere happenstance. All have been prepared for a long time, to follow a path that was wanted by the higher powers. Human evolution proceeds first and foremost by this spiritual aspect that is essential to the progress of humanity. This is not new, but times are changing, and such an approach is necessary more than ever. Only spirituality will change the world, it has been said, and we confirm it here very clearly. Very special blessings to all.

Monday, September 27, 1999 – 10:00 a.m.

The coming year is likely to bring about changes in your lives; what is essential, however, will remain unchanged. You all must be able to adapt to circumstances – nothing really dramatic, don't worry. Learn, in all circumstances, to keep your eyes turned towards the light at the end of the spiritual path. Should you have to walk on thorns or rubble, nothing will prevent you from reaching the goal. Confidence must be the major asset in your hand. Without confidence, there is no surrender and no real love. We insist on this very point today. It is one of the four elements, including will, that form a solid foundation for the construction of the main edifice: the being's realization. For our part, we put our confidence in you all; our union must be perfect so that we can bring you to the highest level. These are not mere words, but actual facts whose effects and effectiveness you will be able to appreciate one day. Therefore, confidence and courage in the face of adversity, with all our blessings.

Monday, October 4, 1999 – 8:00 a.m.

Do you realize how you are advancing in detachment? All opportunities are good for bringing about this state. Don't neglect any occasion to put this process into practice. You should all remain vigilant on aspects that are important and make concessions for those that are not. This is what must be done to go towards wisdom. Don't let your serenity be undermined by things that aren't worth the trouble. Your worries of today will not weigh heavily in six months or a year from now. They will be replaced by others, it is inevitable. Therefore, you all know the procedure to follow. When the air is unbreathable on the surface, plunge into yourselves and bathe in the pure waters in the heart of your heart – there lies true happiness. You can let yourselves go with delight without fear of disappointments. Is this not a wonderful remedy? You should all have recourse to it as often as possible. That will give the necessary balance to your spiritual blooming.

Tuesday, July 13, 1999 – 8:00 a.m.

B: In order to establish a true heart-to-heart, a door of communication must be able to open between us in the moment. The mind must be able to calm down on demand and leave room for the contact we are establishing. M: Is it that you are in me, or I in you? How does it happen? Is it a vibratory exchange? B: It is much more subtle than that; you perceive it, that's enough. Explanations would not enlighten you much. Let us remain in the simplicity of these contacts, which currently give us satisfaction. All the great principles, you have time to discover them. Live the present moment, be content with that. Constant remembrance, so misunderstood, is not what you all imagine – that is to say, to think constantly of the Master. It is to be in complete union with him, through the heart, in utmost confidence and total surrender. This is what constant remembrance is – your heart united with ours, come what may; this doesn't happen in the head as some abhysis still believe, quite the contrary. It is a letting go and a total union, not controlled by the mind. The opening of the heart settles all misunderstandings, it is an important part of your approach. Willpower contributes to diligent and rigorous practice, but all the rest is accomplished in the mysterious meanders of this heart that we never cease talking about. We give you the key to open the secret door to the place where the treasure is. 'Seek and you will find.'

Monday, April 8, 2002 - 10:00 a.m

Our wish is this: may hearts be filled with more and more love and compassion for others. Love, and only love, will save the world; don't doubt it. When the elements rage furiously, helped in their surge by the monstrous mistakes made by mankind – who commit sacrileges towards the Earth, Mother Earth – men will only be able to revert to praying and uttering cries of love towards the sky, beseeching the Celestial Father. This fury will not stop easily; it will change the current face of the world completely. At that time the prevailing geographical data will need reviewing. Men who survive this drama will have to adapt to a new form of life, closer to nature than today. They will have to find again the strength to fight and face up to events. Ingenuity will be essential; it will have to offset the current prevailing easiness – which will no longer be there. Values will need reinventing and finding again – regarding moral values. There will be a lot to do. The pioneers of those future times will have to be imaginative.

Sunday, December 4, 2016 – 10:00 a.m These seminars are very important; they not only bring together a number of abhyasis, but also call for our respective actions, for the general good. We would like to emphasise this fact that these days are necessary, so very necessary for the cohesion of the group and the good of each of the participants. All this is to be considered and not ignored. Sahaj Marg is making its way; it will continue to touch hearts and open for them a sacred space where the best can be achieved. The cleaning practice is important; it leaves more space for the action of transmission as it exists in our path. This is not common; what is accomplished here cannot really be explained, yet it is oh so effective. We rejoice to see the good that has been accomplished through years of perseverance, for all our practitioners. Nothing is trivial in such an approach. The good that is gained is precious; it endures beyond time and reappears from life to life, constituting the characteristic elements of Karma. Everything is counted and retained for the best in each one's life. Special blessings to all.

Thursday, January 4, 2001 - 10:00 AM

Yes, my daughter, love your Master. This scent wafts out from sincere hearts towards him. Light and darkness are side by side, and made such that life on Earth remains unstable. It goes through these opposites that govern all days and sometimes make them almost unbearable. My son is a lonely man, in spite of all fine feelings and love which he inspires. Wounds caused by his fellow creatures are almost unbearable, although they heighten the greatness of his mission. He knows the whole range of human feelings and he makes no mistakes about them. He can see them appearing in turn without being able to modify the characters and the behaviours. The soul coexists with human nature, which is difficult to correct. No achievement, if only spiritual, is easily possible. Achievement is fostered by courage, abnegation and sufferings. It is the edifice offered to the Divine, whereby only the beauty of work becomes apparent. That is the way it goes, only the purity of the edifice remains. Work towards this construction relentlessly, with faith and love, so that a rare gem can shine in the case, i.e., your own life.

Saturday, December 16, 2000 - 10:00 AM In a way, my daughter, you devote your life to this apostolate. This is the right word. You give so much of yourself through this service, with that which characterizes you: surrender and disinterested love. These messages are more important than you all can imagine. The hearts of humans demand them; they expect a teaching simple and pared-down without superfluities and abstract formulae which cannot touch their soul. They must feel the truth, the authenticity, in what we offer to them. All that we want is the good of each being populating this Earth. We only intend to help them, to strengthen them, and to give them the courage to live with dignity, while struggling to make sure that their life is successful. To open up to the Divine is the most judicious approach that can be adopted. You are the happy ones, the elected ones who are in search and for whom spiritual practice makes those Earthly peregrinations meaningful. Blessed are they who have a master worthy of their waiting. By this choice, they have already gone part of the way. They no longer wander haphazardly through meetings and days, tossed back and forth between one teaching and another, without real threads. They have the guide in whom they can have confidence; it is a unique grace, which a small minority of human beings get and for which they should constantly be thankful.

Sunday, December 17, 2000 - 10:00 AM It will take a long time again before individuals could revert to a more accurate interpretation of the divine laws. This religion uses it as a dreadful weapon to settle its economic and political power on most parts of the Earth. Through a frightening organization, it is striving to regain its privileges reduced for a few decades. Will man of the twenty-first century be a victim of it? Wait and see. That organization has dreadful means. It is supported and promoted by the authorities in place, and they are also caught in the movement. Our candidates will continue on the way they chose, without being put under pressure from our part. That is not one of our practices. 'Power' is not the objective we pursue. The Master in charge works for the abhyasis who trust him. Our practising candidates do not pledge allegiance to him, neither do they kiss his feet nor his hands, and they are not enslaved by any means. They have only to work for themselves by carrying out the spiritual exercises we advise them to do. Do not become alarmed too much by such as this catchy and inappropriate campaign. Each one is free to follow, in his own heart, the way which is convenient to him.

Friday, December 15, 2000 - 10:00 AM It is in the face of the difficulties of life and its ordeals that man's true nature emerges. All, including error of judgments, is initiatory. Don't be scathing towards certain behaviours of your brothers involved in various tasks within the Mission. They are generally genuine and realize, a bit later, their errors, if by chance they actually want to become aware of them. It is not easy to find a superman. Very fervent beings that have a good level of spirituality, and are devoted to their Master, are entrusted with responsibilities at the material and human levels, which are beyond them. Even if similar circumstances are not favourable to the group where they occur, they must make each member think about this aspect of the life of this community [Sahaj Marg]. It is easy not to get involved and to judge. Rather try to offer your services and to give your opinion in certain situations. The lack of dialogue does not facilitate anything. It is necessary to be wary of power and its attraction to those who aspire to have it. The University of Life is an obligatory passage for all. The most outstanding failings of each one must be fully revealed before being neutralized as much as possible.

Saturday, May 1, 1999 - 10:00 a.m.

M: Babuji, I would like so much to please you in everything!

B: My child, our love story is like the history of the Mission, it is growing and will never end. So, detach yourself as much as possible from events and the material side of things. Make a habit of taking refuge in sadhana; in doing so, you will come nearer to me and regain strength. Advance step by step; we do not expect you to move mountains, only to manage day by day. Put together, all these small victories constitute your legacy. It is the only one that is valid, you know this only too well. Material goods remain on Earth, they mean nothing in the hereafter. Continue on your way, we follow you, and everything that touches your life concerns us; what others do for you, they do for us. This is how it is. There are bonds that are beyond reason; matters of the heart have this characteristic. Continue in the spirit of this seminar. It proceeds with a certain intensity. Don't waste a single crumb; they are worth their weight in gold.

Thursday, January 4, 2001 - 8:00 AM Nothing can be acquired forever. The human being sometimes engages on hazardous ways and can be completely misled. What can really lead him to make such choices? His ego, and his lack of humility and surrender. He says he loves us, but only seeks to harm those whom we love. Why do good servants of the Mission give up following us without valid reasons, why do they harm so much? The mazes of the human soul are unsearchable. We are sorry about the situation of my son, related to all these acts of treachery. It is unbearable to see him struggling amidst all these difficulties generated by brothers and sisters who should help and support him in his heavy task. Yet we cannot regulate everything and make the reign of love and peace between men appear before the appointed hour. These behaviours and bad aspects of the human personality must reach their heights to release them from their unfortunate inclinations: that is the rule prevailing in this world. The human beings follow through their baseness, before their good side could appear. This eternal play of good and evil on Earth is distressing. As we often said: we work so that man is released from the bad aspects of his nature, which must ultimately be removed.

Sunday, December 3, 2000 - 8:00 AM The veil rises to let you catch a glimpse of reality. Don't let your heart get into a panic; motivation comes to the candidate when he is in front of the obstacle to overcome. We are with you, attentive to your steps; there is nothing to fear. The force that attracts you is very powerful; you cannot resist it. That is how it goes when the moving forward must be made at another pace. Let yourself be carried along, look ahead and not behind you. You will not regret having taken the plunge. You have fully put your trust in us; that is where you could best put it. When you reach a given level, it is wise to take stock and to realize that the choice was sound as regards the most significant step a human being can take, i.e., the spiritual way into which he has gone. You have good Masters, as you were told. This 'natural path' which is ours is among the best suitable for today's man: not much demanding in practice, efficient in terms of results. Does it not go in the direction of what our brothers are looking for, here below? It is up to you to judge.

Thursday, November 2, 2000 - 10:00 AM Time required by your spiritual practice is precious. That time you could never regret, because it constitutes a sort of wealth that doesn't deteriorate. You reach a level of evolution where this activity is indispensable. Every day must provide you with that part of joy that counterbalances what otherwise can cast a shadow over it. You must face multiple hassles that oblige you to react. Without them, you would lose your combative reflexes. So your senses are thrilled and you are ready to face up to things at any time. It is an aspect which you didn't think of. Meditation's aim is to calm this unceasing game and let you get your own strength back. This oasis is there, within your reach, accessible at any time. You have this advantage over your fellow human beings in that they cannot have recourse to it. Make the most of it and realize how lucky you are to have reached this point. You find in yourself solace, balance and the strengths that allow you to advance in a positive way. You don't suffer life anymore, as this dimension that you managed to give it, actively shapes you in the best way. Be happy and thankful to be able to reach this shore; there is every hope of success.

Tuesday, December 13, 2016 - 10:00 a.m.

Forget, in these blessed moments, the perpetual movement of life that surrounds you. Within you, in the heart of silence, there is peace and harmony. These words, repeated over the years, create the ritual that connects our hearts to yours and, by extension, to the hearts of all the abhyasis who read our comments. They are blessed in this; we do not give these messages in vain, even if this is not a 'literary' work – that is not our aim. Their action goes far beyond human appreciation. They are understood by all, and this is the most important thing; each one interprets them in his or her own manner and derives the necessary benefits from them. Over time, this celestial manna will remain a precious asset for our Mission. The Sahaj Marg way is a whole, effective and productive of the very best, of that you can be sure. Beyond appearances lies the 'reality', that which transcends human understanding. The messages are likewise retained and valued on other planes of consciousness, where a specific vibration emerges, one created by the union of reunited souls of our faithful abhyasis who have chosen definitively, beyond this world, to unite and act in the service of our cause – that of a spiritual way much more active than it appears here below. To all our abhyasis, the best that can be, from our united hearts.

Monday, May 10, 1999 - 10:00 a.m.

Yes, the question is asked, do you all really want to advance? Well-posed questions call for good answers, but the answer, you have it already. Our repetitions are deliberate, they are there to oblige you to become aware of what is good for you. You are the ones who hold the reins, and it is up to you to shape your future. Put that way, it all seems simple. Your Masters are there for you, our way is all mapped out. We know what has to be done, but we cannot include restive spirits by force in the rope line [of climbers]. We are often saddened to see brilliant candidates moving away. What can we do about it? They choose their destiny themselves. Perhaps they will revert one day to a greater wisdom, but so much time is wasted before their chains are broken. Since earliest times, Masters have been suffering while coming to such conclusions. They find themselves overcome by the reticence of humans, who want without wanting. We have to let time do its work and wait. Knowing how to listen to the cry of their 'self' calling and not to rush them, that is our role. We are so happy when we have good candidates who lend themselves to our work. We cannot have any greater joy. Take stock of the situation yourselves and draw the appropriate conclusions.

Tuesday, December 20, 2016 – 10:00 a.m. M: "Divine Babuji, you are the light on the path."

B: And you are following it so well, dear scribe. These writings emanate from our united hearts, and are carried by a divine energy whose essence is very subtle. This permits an extraordinary action that operates in response to the call for it. 'Everything has its *raison d'être*', as we have said often enough. We do not repeat ourselves in vain; so many beautiful souls are progressing on this path of Sahaj Marg, far beyond what they imagine. The apparent simplicity of its action produces results that are nonetheless convincing. This practice will one day reveal all the finesse of its action, when the time comes. A global evolution will occur to purify a society that is, in many ways, in distress. Too much turbulence and so many troubles destabilise the human being – seriously so, for those who are more fragile and sensitive to all these negative energies. 'Progress', as it is taking shape today, is quite alarming for the stability of humankind. These comments, alas, can be verified; such progress does not bring only advantages. 'What must be will be', changes will come at the appropriate time for the future of a humanity that is more just and conducive to the evolution of all. Very special blessings, in view of this prospect where the spiritual will act in its own way for the general good.

Friday, October 14, 2016 – 10:00 a.m. Do you truly realise the work that has been accomplished here – it is, and will become over time, an essential reference for our Mission. These writings will remain; they have spread nearly everywhere in the world, and they will withstand the coming turmoil. Having a very simple approach, they touch hearts that are sensitive to their rather special vibrations. 'Doesn't everything has its *raison d'être*'; time has created a powerful egregore (group consciousness) going almost beyond our hopes. Here, the simplicity of the writing was necessary. Great literary works have their place, as these messages have theirs with respect to this level of reading – one that can help the greatest number in a special domain so important and easy to access. Spirituality at this level is overlooked by a great number of humans, who are not ready to venture into 'this sacred space'. Everything in its time. Sahaj Marg is growing in a very satisfying way, which fills all of us here with joy and encourages us to greatly increase our action. This is how it is; may all benefit from our very special blessings, on this particular day.

Friday, April 23, 1999 - 10:00 a.m. My daughter, try to remain in a state of harmony. Protect your heart from the torments which you are in. Only on this condition, will we will be able to communicate. Hold your course in spite of everything. Be strong; there is no miracle solution. Preserve that which can be preserved. Resist, for the love of us; this is what gives you courage.

Sunday, February 27, 2000 - 8:30 AM We have already told you that you must meditate as much as possible so that a certain work can be made easily on you. It aims to allow a kind of harmonization between my son and you. Things are not simple between you both; there are resistances to defeat, so you also, on your side, make an effort to facilitate our action. Forget the past. Consider yourself as a new being, beginning to write the first page of their history; a completely blank page, where unknown signs will be written down, which you will be able to decipher through the heart. It is about a long and ancient history and you will find your marks while advancing in his footsteps. Your real identity must be revealed and must lay bare a new being. Don't have any concern. Remain in surrender. The divine will must come true, so it is.

Saturday, December 17, 2016 – 10:00 a.m. Good times and bad follow one another in a lifetime, with spaces where nothing particular marks the memory. The human being's memory is sometimes fragile; it retains only what it believes to be necessary. Fortunately, the laws of Karma are there, unavoidable and oh so precise. These two aspects mentioned here are inseparable; they constitute the essential elements for a human being's future. Committing to a spiritual path is a very precious act. It is not easy for the aspirant on this blessed path of Sahaj Marg to evaluate its benefits and the very important time saved in following such a path. When the time comes to take stock, many of our abhyasis realise how fortunate they are to have been thus guided. From one incarnation to another an action continues, one that is so decisive for the future of each person, regarding what constitutes his or her most precious asset. To contribute to such a boon, as Sahaj Marg does, is so very delightful for the hierarchy of Masters here who serve it with so much love and joy in supporting the efforts of our very dear abhyasis. So it is.

Wednesday, November 9, 2016 – 10:30 a.m. You are the 'scribe' chosen by our hearts; unanimously we selected you for this beautiful Mission which is so special, and whose importance the future will reveal. This choice was not made lightly; there is no shortage of mediums, but the action here goes well beyond appearances and will become clearer in the future. Sahaj Marg is called upon for a substantial expansion and these messages will have a prominent role, far beyond what can be envisaged today, in its apparent great simplicity. The underlying action of these writings supports and confirms that of the incarnate Master, who is so engaged and productive of very satisfactory results. We fully support our dear Kamlesh; nothing is simple for him, but you can be sure he is doing what is best. Time will reveal his greatness – he is the fruit of our respective actions which brought this path to the best that can be. His ability to manage events will produce results that will leave a very strong imprint on the Mission. Each of the Masters has played his part, our dear and great son will confirm this action by bringing it to light. To him, all our love and our wishes for the continuation of his mandate, carried by excellence. This is how it is.

Wednesday, November 9, 2016 – 8.a.m)

B: Gace, my daughter, grace will be the topic today. It is you all who bring it forth, who call it with the impulses of your hearts and a certain inner attitude. It is not given by chance. The state of the heart's vacuity and of surrender attracts it. Please understand that a doubly locked heart cannot receive the beneficial rays of divine love – a little like an impenetrable and harsh face does not inspire sympathy. Thérèse of Lisieux, whom you are fond of, said: "In spite of my suffering and sadness, I always try to smile to please my Beloved." Can one fill with grace a soul that doesn't call for it? You all know well that grace attracts grace. Therefore, try to adopt the appropriate attitude, that is, the inner disposition that will make the blessing come by itself. You see, my child, it's simple. Love, surrender, the heart of a child, trustful in divine mercy and surrendered to its Master – that is the secret. Let love grow inside you all, it will not remain without echo

M: Thank you, my God, for having given me this faculty 'to love'. Even this, I owe to you, and I thank you for it with all my soul. It is when my heart overflows with Love for you, that indeed I feel grace come over me.

Thursday, April 18, 2002 – 8:00 a.m. Being channelled through you, these messages make you grow. It is not a simple mail devoid of interest. You give and you receive, it is in the nature of things. To invest in our cause necessarily bears fruit; the investment is good, and with time it will yield returns.

Monday, August 2, 1999 – 8:00 a.m. This period of questioning and concern about future events will make people's minds work. Some will draw positive conclusions from it. They will better understand the transitory side of life and the fact that there is no time to waste in trivialities. Those who are ready will see it this way; many others will continue as before, without changing anything in their habits. These are moments of existence when a person can question themselves – review their past, what they have done, what they have not done – and decide in the final analysis to adopt a new way of life, thinking a little differently by realizing the frailty of their own being and all that surrounds them. If they become ever so slightly aware of the greatness of the universe, of the mechanisms which govern it, of this power which they cannot qualify with poor words – who are they, so small in comparison with this vastness? Nothing, or very little. Whether they exist or not, what does that change in this vast programme? If they realize this, if only for one moment, they will perhaps leave behind their overweening ambition – if such is the case – and their high idea of themselves, and perhaps revert to more humility. That would be the beginning of wisdom for them.

Sunday, April 18, 1999 – 10:00 a.m Important events are in the making for the future. A huge fire must be lit to purify the world. You need not be frightened, just go forward calmly in faith. Certain actions are inevitable. We need not judge them. The world is in such a bad state that it will be necessary to open the abscess. It is a poor cliché, but when the forces of evil are unleashed to this extent the reaction, sooner or later, is inevitable. My dear aspirants, I do not want to alarm you. You are mature enough to realise the mess the Earth is in. Always be confident in your Masters, they do everything possible for your good.

Friday, July 9, 1999 – 8:00 a.m

Try not to let yourself be deeply affected by the current events related to you. Your situation of dependence makes you vulnerable and we understand your reactions. The waves must appear on the surface and not reach the depths. My dear child, we carry you, in a way, but life is like that; one receives blows, the bruises to the heart hurt, and calmness returns after the storm. Nothing is immutable here below; everything breaks or changes, no situation is stable. We know how strong you are and what you have undergone in your life. You have always reacted courageously in the face of difficult trials. We know that once again you will overcome this distress related to the events of these past few days. Your loved ones must go on their way, even if it means leaving this Earth. Other experiences are awaiting them elsewhere, on other planes, no more and no less than if they were to go to the other side of the world, with no possibility of communicating with the 'mobile'. You know that all this is part of the rules here below. Besides channelling, another form of communion can be established through the heart and the mind. Don't be severe with this boy who is in an inextricable situation; he has only you to help him, all the other doors are closed to him. He is fragile and might do something foolish. You have the gratitude of his guide. You are doing your level best with him and with the others. You are not always understood. No matter what, everything is written in the great book of time. Act for the good and according to your heart, as you do for this boy, and without being judgemental. Try to find serenity, my child.

Sunday, April 2, 2017 – 10:00 a.m. The Sahaj Marg Mission is following its path, and what a path it is. It is heartening for all of us to see it positioning itself this way. Each of the Masters has brought to it the elements that are essential to its development in the world. Everything is being built according to our wishes. Our dear son Kamlesh will give Hyderabad the final touch needed for an unprecedented expansion. This high place has many attractive features that will reveal themselves over the years. As for the spirit of Sahaj Marg, it will defy time. So many changes will occur that a serious anchoring here below will prove more than necessary in the future. The world is destined to transform itself considerably and, when necessary, to make a fresh start. It has been said that spirituality will save the world; this will be confirmed in due time, conforming to divine plans, and it will be appreciated. Our action will continue to grow and prevail as is proper for the general good. This is how it is. May all be blessed and strengthened.

Thursday, April 30, 1998:

Birthday of Babuji (4:00 p.m., during the projection of the video 'Love Him Who Loves All'. Anne-Marie is present.) This world is mere illusion, don't become attached to the form. Only the spirit matters. (This, in answer to a reflection at the beginning of the video. At the end of the showing, the rest of the message:) You both have my blessings. Continue in the purity of the heart and according to what you believe is right. My gaze follows you; be in love. Truth is one and multiple; don't stop at human behaviours, the Master knows what he is doing. Wait for clarity, in a state of serenity and confidence. Blessings. (After a time of silence.) Whatever the present, rejoice; great things are being prepared for the future. Be confident.

Wednesday, March 29, 2017 – 10:00 a.m This heart-to-heart meeting with your dearest son Kamlesh was so very blessed. In certain circumstances, words have a very precious force of action, much more than it would seem. Sahaj Marg will continue to grow; the ashrams are points of light in the world, and their benefits will bring unprecedented transformations. Everything will be done in our path to broaden the field of action of the elements that are in place. Getting to the essential – that is the important thing; may all our abhyasis realise how much ground has been covered within such a spiritual movement. India is and has long been the high place of spirituality, and this will not change. Every step in a life is decisive, it defines the destiny of each person; doesn't everything have its raison d'être. The passing time gives colour to the elements that are essential to building a life, which is governed by the laws of karma – laws that cannot be circumvented. Special blessings to this entire Mission, carried by our prodigious son K. This is how it is.

Thursday, March 30, 2017 – 10:00 a.m

Hyderabad will become the 'high place' of Sahaj Marg. It is being built slowly, but its radiance will be beyond what is imaginable today. Thus have sites risen up in the world, which centuries later still impose their grandeur and their vibratory power. Our Mission too will stand out, with places that are quite remarkable in many respects. What must be done will come about in its own time. The Masters are watching over, with great attention, what the Sahaj Marg Mission produces at all levels. What a distance traveled since 'Shahjahanpur', where the attention of the Divine created this Mission, allowing Sahaj Marg to develop in the world. It was awaited, oh so much. Time shapes beings on their personal journey, and the spiritual element is the most decisive in one's life. May all realise this and gain precious time – in this incarnation. Special blessings to all.

Thursday, March 9, 2017 – 10:00 a.m Be at peace, you have always done your best. The impulses of the heart are full of love here; they cannot but transmit a redeeming energy, as desired by the Hierarchy of Masters. We want the best for this very special path. Thus it has taken root and has won over many brothers and sisters, leading them to the height of their quest. Here each one is advancing in the desired direction, in order to answer the calls of a soul thirsting for the Divine. It is accepted by the alliance of the Masters, who are very attentive to the emergence of what is good and great in this saga of the heart – a saga that is unique in many ways. May the best come about and leave in this world the mark of perfection: excellence in every respect. So it is.

Thursday, April 13, 2017 – 10:00 a.m. The fate of each one is written, none can get around it. From life to life it becomes clearer and leads the being towards his or her destiny – that which, whether one is conscious or not, directs one's life, present and future. Each step is necessary; people manage sometimes to get used to it, and other times not. Surrender to the inner Master is a strength that is given and constructive, so that despite inevitable drifts, the best happens. The practice of Sahaj Marg brings a great deal – much more than it seems. A life is built little by little, according to the necessity of the moment, but nevertheless within the framework of this unavoidable destiny. Following a spiritual way clears this path; from life to life the real reasons are clarified and they guide the being towards reality. How to know, foresee, and above all imagine the unfolding of events in this epic destined to attain this higher level, where each one aspires to build and elevate themselves for the best that can be. Sahaj Marg is the simple way, yet so very just and productive that no one ever regrets it once the best is achieved, reality is established, everything is consolidated, and new spaces are well defined. To all, faith and courage – the ultimate goal is in view and it can be reached, you can believe it.

Monday, August 30, 1999 – 8:00 a.m. B: Yes, this dream is quite beautiful. You and yours should think of it very hard in terms of its realization in the form you wish. It is not easily achievable right now, but remain confident – it can take shape in the coming months.

M: This idea of a restricted seminar is in line with what you wish, true spiritual bonds between the five of us who are fed by the teachings you give us.

Thursday, July 8, 1999 – 10:00 a.m

To believe oneself superior to one's fellow human beings is a huge hindrance to one's own evolution. If this applies to any of you, you must seriously address this defect. If you have been fortunate financially, intellectually and psychologically to fulfill your wishes, whatever your life, thank God. It is to Him you owe all these gifts and not to yourself. He could have caused you to be a beggar and have others' contempt poured on you. Consider yourself happy with the little or much given to you, without ever believing you are superior to anyone else. The homeless person who manages a little better than their unfortunate neighbour may also believe themselves superior. Be strict with yourself on this aspect also. Your spiritual condition will be reinforced accordingly. Relentlessly track down your failings; they are sticks in the wheels of your journey. Work on humility; all great saints are in this state of mind. It is essential to your progress. Some weeds are tougher than others to eradicate. Strive against them; it is a very important point for you all, one that is worth dwelling on at length. It's up to you to take stock and to act.

Friday, April 7, 2017 – 10:00 a.m

Be at peace, dear soul – you have given everything, up until now, to translate here in words the expression of our love for this Mission that is so dear to us. To see it transform over time, and position itself as it is doing, is reason for rejoicing. Each of the spiritual Masters has brought to it what was required, so that it could effectively position itself among our brothers and sisters who are truly engaged in serving it and making the most of its benefits. The future will give it a considerable aura; all of you will be satisfied with its action and the results it produces. It takes quite some time for the actions of a spiritual path like this one to be affirmed – a path where a real work is done on the beings in need of a true advancement through such an approach. The true need for an active spirituality will increasingly impose itself, it will become so very necessary. May our brothers and sisters grow in this call and give it its true place. Blessings to all.

Thursday, May 6, 1999 – 8:00 a.m

How can you believe that the source can run dry; are our resources so poor? Some of our brothers are disappointed. So many false rumours have been spread about the centenary. They naively thought that their life was going to change overnight. Things do not happen like that. My son's comments were misinterpreted. Spiritual progress does not bring about such a change in one's daily life. Fortunately, the majority of the participants are satisfied. This type of seminar will not happen again in their lifetime. Others will follow, of another type. This one will have marked the beginning of a new era. We are moving toward other times, different in many respects. Humans will have to adapt; they have always done so since the Neanderthal man. The Spiritual must imperatively reign supreme. It is what can save the world. Many souls are awakening and moving towards freedom. It is what characterizes this time. But it is necessary to go much further without slackening, to curb the forces of evil, this invisible army that works in the shadows. The forces of good must have the upper hand sooner or later. This is why we insist so much on the development and intensification of individual practice, so that we become exemplary in this great plan.

Friday, July 6, 2001 - 8:00 a.m.

Do not associate our comments with psychoanalytical vocabulary. They completely distance themselves from that discourse which future times will put back in a more right context than is currently the case. Our comments are not in line with that; we are not at the same level of consciousness. We will not undertake a comparative study that would be tedious for our aspirants. They feel instinctively that the spiritual life that is growing in them does not fit in any category codified by men. It is beyond all intellectual assumptions, however right they claim to be. No [psycho-] analyst approaches it in its reality, which is beyond human understanding. Continue to make progress in your work; one day you will see the light in you. It will enable you to have access to some knowledge, not indexed in the most erudite books. True knowledge develops at the heart level, the sacred place which it suffuses very slowly. Call for its manifestation in you, far away from all the theories built up by men. This discovery must take place in each one of you; it results from your work, your aspiration to unite with the Divine, who will really enlighten you about your true nature, which men cannot do

Friday, July 6, 2001 - 10:00 a.m. Be able to make a clean sweep inside yourself. Forget your knowledge, that which influences your daily life. Be truly surrendered to the spiritual work that must take place in you. Human knowledge-related criteria cannot enlighten you on the intense and important aspects you are experiencing in your heart. Regarding your evolution, pay attention to what you are feeling without trying to analyse it against obsolete rules. We insist on this point to enable you to simplify your process. Forget the complicated theories of all that you may have read or learned during your lifetime and which does not fit into this context. Approach your sadhana with a heart divested of any intellectual views. Be open to novelty, while advancing in the labyrinth of this knowledge, serenely, trustful like a child and guided on an unknown path the richness of which will surprise you. Get rid of what is unnecessary, superfluous; true wisdom requires this price. Be open to divine inspiration; it is hard to reconcile with a path heavily obstructed with false ideas and inappropriate principles. Remain vigilant on this point.

Sunday, May 2, 1999 – 8:00 a.m. The way, the Master, the goal – never lose sight of this objective. In spirituality, everything always has to be started over, endlessly. This is also the driving force of your life. The more you all advance, the more what is peripheral loses importance. You secure your day-to-day material life and all your vital force is invested in spiritual work. There comes a stage when this need keeps growing. With time, you will appreciate the extent of its place in your daily life, and this realization will make you happy. It is a food, a comfort, to unite with the inner Master, the Divine: is there anything more beautiful, more soothing for the heart, more exalting too? How can these millions of souls who lack it do without it? Let us act, act in that direction, let us see that humanity goes forward through our individual work. The souls advancing towards light are illuminating the world. You do not work only for yourselves; there too the force of attraction comes in. In this sense, you never advance for yourself alone – this should doubly encourage you. You have your place, however modest it may be, in this grand divine game.

Sunday, May 9, 1999 – 8:00 a.m. Lalaji did indeed come to visit you yesterday; he has granted you a favour, you will see. We will not say more about it. Everything changes, everything moves; it is an eternal renewal even in the least aspects of life. The Masters of the past have done their work. We, for our part, are doing ours. Other tasks are incumbent on them. The Christ-like spirit, as you call it, manifests itself in different ways depending on the epoch. These Masters of the past have gone in other directions. Do not expect, as some believe, to see Master Jesus reappear. The wheel of time turns and calls other great realized beings to fulfil a given mission. God, the Guru of the gurus, knows what He is doing. Ancient beliefs are deeply rooted in memories. Most human beings are not very evolved; their understanding is commensurate with their spiritual openness. Our path will have an important place in the future. It will not be the only one, but it will attract many men and women who have gone past the stage of religions and are ready to take on a true journey. One of the best means of awakening will be offered to them. They will understand it, the new era will open up people's minds. The obscurantism maintained by religions will disappear little by little, as the general evolution unfolds. The blinkers will fall off; the truth will be perceptible to the greatest number.

Tuesday, April 11, 2017 – 10:00 a.m. Long is the path of life, where nothing is simple, ever. To acquire within oneself a space of spiritual life constitutes a very precious possession; it becomes clearer from life to life, to reach the point necessary for the evolution of each one. Sahaj Marg is not given in vain to this world; it constitutes a way of access rather simple but far more effective than it appears. It offers a number of resources that will reveal themselves in the future. This Hyderabad ashram will be decisive in this advancement, since its numerous possibilities will prove very constructive, as much on the material as on the spiritual plane. The Great Beings of the past are united in this sacred journey where the essential elements remain active and constructive. Great and beautiful souls are devoted to serving this uncommon way. The future will amaze with its revelations concerning this spiritual path, very active in its effects. All is for the better – may the best be for all, and most especially for our dearest son K.

Wednesday, April 5, 2017 – 10:00 a.m. These writings will leave a legendary mark on our Mission. The years will give the latter all its importance. Our system is unique – the practice really provides benefits that add up over time. Do our brother and sister abhyasis truly realise it! That is how it is, one could say. All that is divinely intended and built takes on a significant place over time. Thus are these laws; inescapable indeed. What could the smallness of human beings achieve in the face of this unparalleled force of action? The Sahaj Marg Mission was built little by little; each of the Masters left a mark and our dear great son Kamlesh will also be very productive in this respect. We appreciate his way of seeing things, of conceiving that which is currently being built up and which will considerably influence the future. Everything is being prepared in great detail – but what results will be obtained! Our greatest happiness is to support him, and our love greatly provides for it. All is well in the 'kingdom' of the Sahaj Marg Mission. Blessings to all.

Friday, August 6, 1999 – 10:00 a.m. Our messages always address the same issues; how could it be otherwise? We cannot speak about your society, family and professional lives; that is not our business. Everything is brought back to your behaviours because they manifest themselves again and again in all the situations we have just mentioned. Your reactions can be a little different according to whether you are at the office, at home or in a seminar, for example. In this latter case, your best is supposed to express itself and also to let some old samskaras resurface, freeing you from them. Your personality is manifold, like the truth. Your reactions can sometimes be completely different depending on the person you are talking with or your frame of mind at the moment. In which state of mind are you? Several factors are decisive in this, which explains these behaviours. The purpose is to lead you to a state of serenity such that you are affected only very little by the events of life. The great sages in this world tend to perfection, their efforts are geared towards that. Start to see yourselves in this blessed state, take it as a model. Set yourselves this objective – why wouldn't you succeed. What others do, you can do too. Become invulnerable – beyond the reach of wickedness, vice in any form and human slyness. We want you to acquire strong souls like impregnable bastions, fervent hearts turned towards the beautiful and the good, entirely nourished by the celestial manna. That is our wish for you all; you are dear to us.

Tuesday, May 4, 1999 – 10:00 a.m.

M: Babuji, I have the impression of being in a state of vacuity, this great emptiness inside me, it is indescribable as a feeling! I feel like a feather in the air, like a little cloud floating in the sky! To be both scribe and guinea pig, what a blessing, Babuji! The chrysalis becoming a butterfly must feel this!

B: It is good, you are progressing; enjoy these fleeting moments when you have the feeling that nothing can touch you. In these moments when you feel so light, our union is perfect. Pay attention to everything that is going on inside you. Don't be afraid to express it; it will be useful to others one day. You have not finished surprising yourself, I told you yesterday. Observe very carefully everything you feel. Changing one's skin produces noticeable manifestations. Note down your impressions outside of our contacts, you will see more clearly. In its own way, probably, what can we know about it? You are yourself limited in your perception of things, but you can taste this kind of inner freedom that makes you forget your body. For the moment, reserve these messages for the four or five people you trust (C will have a role to play in these writings in the future).

Saturday, July 3, 1999 – 8:00 a.m.

Being a preceptor is a vocation; the majority of them do a remarkable job, with self-sacrifice. You who benefit from it, do not lose sight of that. First and foremost, they work for the Master, who could himself do the cleaning of all abhyasis, but individual contacts are useful. They create points of reference for the good of all of you. They are necessary to the Mission, an aspect of its structure that is worth underlining. Each one of them does the best they can, considering their own personality and their family and professional situation. We are grateful for what these men and women from all countries do to serve us and to serve humanity. We form a whole, a big family that must remain united, in spite of some inevitable human discord; only the goal is to be considered. When you thank your Master, think of those who serve him with all their heart. This should be acknowledged at least once by commending them and by adding that this work serves their own evolution. Blessings to you all, especially today. We are with you.

Sunday, February 19, 2017: My dear daughter, this stage is not easy for you, but fortunately some of your sisters are by your side and alleviate the weight of your troubles. We would like to spare you all these difficulties; everyone is doing what they can to help you. Be at peace. Your soul nourishes itself at the divine Source, and your action will continue elsewhere, carried by this love mutually inspired by the best that is.

Thursday, August 26, 1999 – 8:00 a.m. Humanity is going to take a big step forward in the coming decade. It won't be all smooth sailing, but discoveries will be made in the fight against certain diseases; less polluting energies will be used, leading to a general betterment. Obscurantism will subside in certain parts of the world and many souls will awaken.

Friday, April 9, 1999 – 8:00 a.m

The ascent of a mountain is made in several stages. The higher one goes, the more difficult it becomes. Each step must be measured, carefully considered, and one's determination must be great. The summit is the goal. All efforts are geared towards that. The more the mountaineer advances, the more their thought has a sacred focus on the achievement of their undertaking. This is how you must be in your personal climbing. In the moments when you stop to assess your forward progress, you realise the distance travelled. You feel a great joy in saying to yourself, "On no account would I want to go back. Nothing in existence can bring me the equivalent". Union with the Divine gives an unadulterated happiness. In addition, your life on Earth must continue without neglecting your professional and familial obligations. There also, you must follow your path to the end. Do not worry about that; great Masters have managed and still manage both aspects side by side. We do not ask you to live like a hermit on some mountain; the mountain is in you, uniquely, the summit to be reached is there. It is a grand project, you can accomplish it. It is the most beautiful objective you can have. Try to correctly balance your life, do not neglect any aspect of it. Make others happy. Make yourself happy, advancing cheerfully towards the goal, with our blessings.

Sunday, March 28, 1999 – 8:00 a.m.

Remember that gentleness is not weakness. Divine love can be conveyed both through extreme harshness and gentleness. These are two different manifestations, yet necessary in certain circumstances. The life of a Master must set aside excessive sensitivity. Human sentiments are traps. Work which is important must be given priority above all else. To be in the service of the Almighty requires a certain rigour. Serving humanity is a great undertaking; it requires much inner strength. Not everything can be understood at your level. But rest assured; our work is not destructive in your sense of the word. I am happy to see you changing. You are organizing a monastic life for yourself in order to be receptive to us. You are preparing seriously for your future mission. The rigour you have always shown in your life serves you, and will serve you more and more. To be completely in our service cannot be without a kind of servitude. This has to be accepted; it is one of the conditions. You are growing, my child. You are shedding non-essentials and advancing; you must progress further. We will not go any further today and conclude with a blessing to you all. You may add that there will be a continuation; we will surely find a few small things to say.

Sunday, October 14, 2012 – 10:00 a.m. My dear daughter, let yourself be carried away by this joy, one that brings beauty to the soul. It instils in you surges of love that are out of the ordinary. This day is special; many humans take a pause, they aspire to the Divine, and hearts that are touched by grace form a wave of magnificent love. We soar over it and bless these beings who are in search of a rare energy, one that delights the soul. Why not let oneself be carried and won over by this peace, one that is immutable as it infuses so much grace and bliss. True mystics sense our comments perfectly; they let themselves be carried away by this unparalleled state. It is so good to connect with the Divine in this way. With the soul at peace, and a blissful heart, the seeker savours these unique moments when the world and its baseness are abolished. Within each person lies eternal peace, that which sends the being into rapture, the goal sought by any mystic. Many reach the highest level, all are advancing and gradually freeing themselves of their burdens. Each one has their own pace, according to their own aspirations, but what joy, what delight to reach the goal! Our Mission operates accordingly and effectively for the greatest number. Humanity suffers from many evils. The paths that lead to the ultimate goal are unknown to so many men and women who reduce their Earthly existence to materiality. It is beautiful to see a soul access higher consciousness, that which frees it from the constraints imposed by materiality. May all access the best of their being, where peace and love reign unflinching.

Sunday, July 26, 1998 – 8:00 a.m. Tell your friend that we will help her. Difficult days are ahead; humanity will experience a great change in the next decade. It will be better to know how to pray to God and get in the habit of it. A new era is dawning. People will have to turn to wisdom. Continue, my child, to go towards the essential. Detach yourself from irrelevant things

Thursday, November 19, 2015 – 10:00 a.m.

Hear only our voices. Forget all else, life in its material aspect and its consequences. Here lie peace and harmony, which your heart calls for above all. A fervent and surrendered heart such as yours finds its way by serving the Divine. It is not spared; the miasmas of material life affect it and do not deal gently with it. This is how it is, one might say. Spare yourself, my dear daughter. Until the end you offer the best to us by taking down these messages with so much love, and without putting yourself forward as is done elsewhere. We know this world. From here we can see it even better than when we were incarnate. The deeds and actions of all, nothing escapes us, you can be sure. To us, humility and loyalty are major qualities. They perfectly illustrate the basis for any commitment to an approach like the one we propose. Divested of the unnecessary, [one should] go further and further in a state of surrender, love and trust in this extraordinary power beyond human perception. This is our work, our goal, to always go further in helping our brothers and sisters overcome that which keeps them riveted to the world of matter. When the subtle being opens to divine splendour, the angels rejoice and make the most beautiful songs ring out. Those beings do exist, remember your first message from Janaki to her very dear Parthasarathi, in which she invoked them. Human beings are truly limited in their knowledge; essential aspects escape them, and for good reasons inherent in the current level of evolution. Our brothers and sisters are advancing, that is the main thing. We rejoice in this. So it is.

Tuesday, March 21, 2017 – 10:00 a.m.

The path of Sahaj Marg is evolving, enabling a growing and necessary expansion. New structures are being put in place and will facilitate numerous aspects of this way of the heart. It has yet to give the best of its possibilities. Everything in its own time; it is befitting here to adapt to the needs of the present. This high place of Hyderabad will foster a new momentum. Its structures will generate specific vibrations capable of creating the very best. This place has been in preparation for a long time. It will meet all our expectations through a cosmic charge capable of fostering an unprecedented ascent. Important sites have appeared on this Earth at opportune moments, creating certain vibratory emanations, with striking effect. Therein lies the special feature of this world, that is awaiting many unprecedented changes. The Sahaj Marg path will be part of this design and will thus reach its apogee. Doesn't everything have its *raison d'être*.

Wednesday, August 25, 1999 – 10:00 a.m. Attach yourself to nothing, to no one, in human terms. The more you advance, the more you realize the frailty of human feelings. Place yourself solely on the spiritual plane, and from there, give without measure. Be sure to distinguish between these two ways of behaving. Your heart, totally open, can set the world ablaze. Connect yourself to beings through the divine bond that unites you all, the hidden presence that is inside you – find it. Let it grow, on a grand scale, that can change the world.

Tuesday, January 3, 2017 – 10:00 a.m.

Despite the broad possibilities we have here, we do not have the power to deter all the beings that imitate us. Many entities do so and abuse the trust of human beings receptive to their words. What more can we say about this, our recommendations on the matter are numerous. 'Sahaj Marg' is not the first path whose actions have been imitated. May our abhyasis not let themselves be deceived, but rather try to discriminate between truth and falsehood. We are following our 'way', that which is offered to us and which becomes more precise as time goes by. We are moving at the intended pace. Some of our aspirants would like us to move faster, more intensely in terms of the revelations that will be made in due course. The rigour of these laws does not allow us to go beyond what is possible in the present era. Following what is currently offered already allows one to go beyond everyday banality. Spirituality, in the context of what we offer, is very significant, you can be sure. Not everything can be measured in the sense that you understand it; true progress cannot be assessed in human terms, according to your wishes. 'Doesn't everything have its *raison d'être*!' Unceasing and special blessings on this day, to all who call for them. So it is.

Monday, January 16, 2017 - 10:00 a.m. This long path of suffering has brought your heart to the desired level. What it has produced is uncommon; the acceptance, the love it generates elevates the soul towards its highest trajectory. 'To love, is that not its *raison d'être*.' It takes time to understand, to realise that apart from this supreme destination, all is in vain in this world. Our path is advancing in this perspective, to bring the greatest number of people to become aware of this potential that dwells within them. It is to be discovered for so many human beings having no notion of a reality, so important, in each one's life. It is not easy to admit how necessary it is to make room for such an approach. The movement of life is ceaseless and can disturb the most balanced person; when he or she finally understands the need to give a place of choice to such an approach, the process is engaged. In our path, we see beings advancing, some of them with such fervour that we can only admire and rejoice at such an achievement. The new era is being prepared at several levels; the one that concerns us here has a very special place. Everything is being done at our level for the best to occur. Blessings to all our aspirants on their way to bliss.

Sunday, April 4, 1999 - 8:00 a.m. Easter : If you do not play the game, we will not be able to take you along with us. You must trust in us completely, because at a certain level, this is an essential condition. Work becomes increasingly subtle. There must be a kind of complicity between the aspirant and the Master. It is a very specific work, which requires some attention. The Master and the disciple are bound to one another. We told you enough about surrender. It is not enough to say: 'I am surrendered'. Being completely so is a true act of faith, a very profound commitment. You have to become very malleable. Do you want to be like that and to let yourself be shaped in our image? It is a choice; it's up to you to see. We do not force anybody.

Wed, Dec 1, 1999 - 10:00 a.m. You see how humans are changeable and disappointing; do not dwell on these kinds of reactions. Correct your inner state, as we have just said in the previous message. Nothing should disturb it for a long time. Is this important? No, so turn the page and plunge inside yourself, where we are in a permanent and immutable way. You see how practical it is; you immediately clean up the unpleasant impression that was lingering in you. Is there anything more right than this maxim of Teresa of Avila, who influenced your life: 'All is nothing, God is all'? Whatever the importance of what affects you, you should bring everything back to God, and thus you will not be disappointed. Life, strength and love are in you, within your reach. You can use it as much as you want. Do you really want it? That is the question, it is your life, and it is your choice.

Thursday, October 11, 2001 - 10:00 a.m. (To Jean-Michel) May you, my son of the early times of Sahaj Marg in France, find your bearings again and follow the threads that connect you to my heart. Trying periods ahead suggest that all should gather together and unite in faith, for the love of us, and act in a spirit of cohesion and abnegation. Blessed souls must assemble rather than be disunited, and act in the service of our cause, which is to help humanity. Think about these comments, my son. Be blessed.

Tuesday, December 28, 1999 - 10:00 a.m. Times will come when life will be difficult for all, especially in certain countries of the world. Faith will be your only recourse. Man is helpless in the face of raging elements. Look at what is happening in the world and you will see signs that herald great upheavals. They will not occur tomorrow. Nature takes its time, but you must prepare for them – even if it is only about suffering the impact of an economic situation that has become difficult because of countries more especially affected. Do not be afraid; a new era is starting and it must go through a stage whereby the world must change through an in-depth cleaning. True values must be reinstated and men must take a new look at themselves so that future times will be bearable for all.

Tuesday, August 20, 2002 - 10:00 a.m. Make sure you don't repress your heart; let it go on in its total expansion, and love infinitely. The more you advance in this way, the stronger the attraction in you. Let this joy remain in your soul and let it lead you further and further! Everything else around you will lose its importance. You will go, more and more, to the main thing without being constantly caught up in daily worries. Love us; we return it to you, my daughter.

Friday, September 24, 2004 10:00 AM Your sufferings are constructive, my child; you cannot know to which extent. You have already surpassed, a long time ago, already, the stage of rebellion. Your life was punctuated with ordeals and you managed to keep this heart of a child offered to the divine Providence. Some beings advance through life overwhelmed and bitter; others rise in acceptance, surrendering to the God of their heart. This state generates a fervour helping to surpass the difficult stages. Let us not misuse your strength. As your Master told you, your gifts are intact, only your current bad health limits our contacts. Be strong, we help you as much as possible.

Wednesday, August 4, 1999 – 10:00 a.m

M: Babuji, I needed to get back to this kind of heart-to-heart and to hear you speak of love.

B: You are right, my child, let's get back to love. It heals the wounds; receiving it or giving it produces the same effects. It is the ultimate recourse in the most trying situations. Poor is the one who neither receives it nor gives it; you all should keep this treasure in you if you have it. Make it bear fruit by distributing it generously, it can only pay off. Even if the return is lower than what you give, that can be enough to gratify you. For our part, we do not return it sparingly, you know it, the process is expanded. You give us love, we return it to you a hundredfold. Yours is sincere; ours, needless to say, is of a rare essence – in other words, not human in nature. Yes, I understand. After these recent messages that do not let us predict anything good for the future of humanity, it is nice to get back to this wonderful topic: Love. But, for the occasion, it is about a special love. We do nothing but evoke it; it is impalpable, elusive and cannot be explained. It's meant to be experienced, perceived, given and received: it is divine. There lies all the subtlety of this emanation, which comes from the heart, from the depths of the soul. It is a kind of unique elixir that cannot be described but only experienced while one becomes imbued with it. Make sure that it develops in you, with our blessings.

Sunday, August 1, 1999 – 10:00 a.m.

To you, we ask you to endure your current life, as much as possible with a smile. Many of our aspirants are disappointed; they thought that having a Master and being on a path like Sahaj Marg would eliminate their family and health problems. If you all knew our lives well, you would see that we were not spared. You settle up the remainders of previous lives and the mistakes made in this one. No path, no Master, whatever his stature, will be able to resolve your small problems to your liking. The objective does not lie there. You must understand it. If you follow us with this kind of motivation, that will not happen. Our goodwill cannot make you walk on a bed of roses. The roses, you have them, but the thorns too. Study the lives of all the great Masters who punctuated history, and see what they experienced to reach the highest level of holiness, and all that they went through. It is by going deeper and deeper inside yourselves that you will find not only answers, but the strength to endure what you have to live. Without this obligatory process, there is no possible evolution. You should resign yourselves; either you advance in wisdom and you accept your life, or you stagnate and refuse, and you have the same road to walk, minus the grace.

Wednesday, October 12, 2016 – 10:00 a.m

Dive into this ocean of love that carries you in these moments and connects you to all of us. Fullness of the heart, of the Spirit, is there in oneself. You are especially united with our hearts in this very special contact through which these messages are taken down. Here, the transmission does its work and passes on to the readers the appropriate vibration – one that can produce the best. Everything is accomplished in silence, from which emerges true knowledge – one that does not deceive. Our fervent and faithful abhyasis feel the benefits, including the emergence of grace in its most subtle manifestation. The rituals are carried out in our own manner; each one receives according to his or her call and is always heard. It is good and reassuring to know this; so many questions arise from this spiritual journey, which is like no other. A day will come when the divine goal will be reached. Understanding this and working accordingly is a sign of a real commitment – bearer of the graces we bestow, which are capable of answering the call of each one. May these very special blessings fulfil all our abhyasis in their respective expectations.

Thursday, October 14, 1999 – 8:00 a.m Love, as we understand it, is what is most important in the world. It is the keystone of the entire human edifice. Without it, the Earth would be populated by automats and robots. Evil would perhaps not exist, since in a certain way it provides a balance by intensifying good. Good can only be made of Love, which is its driving force. If you analyse its manifestations down to the least detail, they are numerous. Certain beings, beneath their cold and gruff exterior, often hide real treasures of tenderness and love just waiting to be expressed. Humans are complex by nature. It is not always easy to define them, but there is no exception to the rule – God dwells in each of them and all He does is wait for the moment when He will be able to manifest Himself. It is sometimes a very long wait, but He is patient, and sooner or later this soul will come to Him, in all its newfound beauty.

Tuesday, July 27, 1999 – 8:00 a.m.

From the most powerful to the weakest, each one has one's own place and role to assume. Everything exists in this world; it is a breeding ground where the various species coexist, support each other, kill each other or, in the best cases, help each other. Differences are useful at the divine level where each nature can show its talents, develop qualities and exorcize fears and vices by going to the extremes of horror. These beings will then be able one day, here or in another incarnation, to rise towards the light and be divested, with time, of this heavy carapace that hugs them tightly. Feel sorry, all of you, for these souls who are still in such turbulence. Pray for light to shine one day for them. Be happy for having reached this stage where you start climbing the ladder of perfection. Reaching the first step is already an achievement in itself, given the way traversed. Be compassionate with those who are still in the jaws of evil, who are struggling like poor wretches when they become aware of their situation and do not manage to get out of it. Try to understand them, whoever they may be; have compassion. You do not know where you came from; therefore, you should cultivate tolerance at all costs. It is a major quality, it can only serve your own evolution.

Wednesday, June 30, 1999 – 8:00 a.m.

Forget your body, it will forget you. Try to plunge deeper and deeper inside yourself to find moments of respite, work on that. Don't worry about this house that you saw yesterday. Live the present moment, haven't told you this enough? Let J-M know that it is in Manapakkam that he will find me again. The charge of this place, which is unique, can rejuvenate him; he needs that. Transmit this to him: the house he knew is empty, except for the memory he has kept of it. Tell him also that this new ashram has become a high place of Sahaj Marg, and that at each step he will find me there. My dear daughter, I know how much this confinement saddens you. After leaving this world, you will see this prodigious place. It is charged and will remain so until the end of time. Go there often in thought, you will be able to capture the substantial energy emanating from the place. Live this day as best you can, avoid any useless fatigue. You have to save yourself for the visit of your protégés, they have done very good work. They have gone to great lengths to do it, thank them. You have some things to do together, therefore you should spare yourself.

Saturday, April 15, 2017 – 10:00 a.m

The union of valiant hearts in our Mission creates a magical chain that carries it daily. Focused on the essential, the abhyasi is eager to pursue his or her quest, enthused about the results obtained. One cannot really measure the effects of this subtle and surprising work in the long term. Each of the past centuries has been able to assess the limits imposed by materiality. The wise try to see further and more correctly in their conception of things. Many centuries have helped enlighten the world, opening prospects for a promising future. An important spiritual advancement will be decisive, and Sahaj Marg, in its own manner, is preparing it. Much effort and understanding will be required to bring this world to a better approach to the Divine. Everything must change, especially minds, otherwise nothing great can be developed. Everything is being prepared in the best possible perspective. It is up to each one to contemplate this prospect and to create within themselves what is suitable for it. For our part, we are working for the greatness of this world, such as it is envisioned. This is how it is.

Sunday, June 27, 1999 – 10:00 a.m. Lalaji: Be joyful abhyasis, radiant. You should not only speak your heart, but also show that following a spiritual way is a beautiful undertaking that makes you happy, even if your material life is not easy. If you have properly understood where this path leads, then live your unhappy experiences without letting yourselves be deeply affected. Your soul is there, immortal, intangible; it will outlive all your human dramas. Think only of its beauty, its greatness. Cherish it, give it all it needs to let it grow with ease. Do not deny it what is essential. See only it, merging with the Divine, freed from its shackles, from these fetters you impose on it. Let it blossom under the beneficial rays of Love. Become Love. Be Love. Be completely united with the Divine, whatever the pitfalls, which are not lacking on your way. Look towards the light and overcome them; you will grow.

B: My Revered Master has definitely cast his eyes on you. Do not forget it, he is not as conciliatory as I am, but he also knows how to love; here we all know how to love. Try to free your heart; in the deeper sense of the word, let it implode. Be blessed.

Friday, June 16, 2000 – 10:00 a.m I am often near you, my dear husband, without the human shortcomings you endured. I lived close to an exceptional being without really realizing it. The problem of incarnated beings is that they don't realize the true nature of those around them, even when it's obvious. Your radiance is great, your power as a spiritual Master boundless. I have discovered the real extent of your power, and it leaves me disconcerted. Was I the ideal companion? I have my doubts. Why must we be blinkered on this Earth? One cannot change anything from the past, except to take stock and see the shortcomings of this incarnation. I am in your wake as much as possible, as is all those who love you and support you in your heavy task. You must fulfil your mission to the end, before coming to rejoin us and finally tasting this unique peace you aspire to. I am only the best of the one you once knew. It gives me joy to be able to express myself and tell you that I am often close to all of you. May the love that surrounds you carry you on the luminous path that is yours. Sulochana

Monday, July 26, 1999 – 10:00 a.m. You are satisfied; I have addressed a topic that troubles you concerning false rumours going around and disturbing some of our aspirants. My son cannot intervene for the moment on this issue; he has more important work to do. In any case, even if he addressed this question, that would not change the behaviour. Humans are talkative by nature. Not only can they seldom keep a secret, but they often take pleasure in a kind of imagery which they feed on. Dreaming is a human characteristic. People often embroider the truth; they transform it, which may be useful to the equilibrium of some people in this very tormented world. Go on your way, my daughter. Although all these noises reach you, the good thing in your isolation is that, at least, you keep out of the fray. Your way is different, without you all these messages would not have taken shape and would not have been printed. Spare your strength to serve us. Do not let your energies dissipate unnecessarily. Remain only in our service; we are happy to have a medium who conveys correctly what we wish to put forth, without exaggerating or making yourself look important in any way, which is why you were chosen. My dear daughter, you are precious in our eyes. You have all our love, don't forget it and don't feel guilty, as you do about trivial things. Remain well in union of heart with us.

Sunday, July 25, 1999 – 10:00 a.m You know that it is enough to love us to touch our heart. This faculty is innate in you. That is not within the reach of everyone; they believe they love, they try, but they do not succeed. They make efforts, they are regular in their abhyas, but their hearts do not expand. They love with their heads, sometimes hopelessly. Fortunately for them, all their efforts count. Those beings, too, are touching. They have to live with this difficulty, which is part of their path in life. We help them, just like all of you, so that your qualities and your faults serve you equally. Nothing is left to chance; we put to good use all the aspects of your personality. We regard all of you with much attention, as a clock mechanism, fragile and precious. You do not have to complain about your Masters while you have no real possibility of evaluating their work. That does not matter; in the future you will realize what has been done for you. Once released from your Earthly shackles, you will be able to truly appreciate the extent of what has been achieved for you. That will create between all of you and us an indestructible bond for the rest of time.

Friday, February 1, 2013 - 10:00 a.m. Many of our faithful abhyasis, truly committed to this journey of the heart and the Spirit, are winning a very promising space in our Mission. The Mission establishes itself over time and it will grow insofar as it provides truly committed seekers with a spiritual approach worthy of their profound aspiration. Sahaj Marg's tenet is not a mere intellectual approach or one that is focused on religious principles that most people know. Here, in greatest simplicity, true work is being carried out that is all the more effective because it is done with faith and perseverance. All our books have laid the foundations of this teaching; it is complemented with a very large number of messages that are more and more accessible to all our aspirants. Life is nourished by life; likewise, the spirit and the soul need a spiritual intake that is recurrent, just as the physical body needs nourishment that meets its needs. In this case, as we have already said, repetition is justified by the need humans have to be retold what is essential for their spiritual evolution. The Sahaj Marg way approaches hearts with utmost modesty, knowing that it wins them over through the effects it generates in them – very active ones that will become more so in the long run. A sincere and committed practitioner knows what we are talking about; almost unbeknownst to him are the effects produced by his undertaking. This has only just begun; one day the divine goal will be reached. This is how it is.

Wednesday, November 9, 2016 – 10:00 a.m. To repeat is necessary, we have said it often enough; what would this world be without these incessant repetitions, at all levels constituting life as a whole. All things, always, are renewed here below for the same reasons – the movement of life as intended and designed by the creator of all things. We are only the executors of this divine power, endowed for certain beings with particular missions aimed at helping humankind. Everything becomes clearer over time when special help is provided for that purpose. A spiritual path can take its place in this grand divine scheme. Each one of the past centuries has favoured its coming and expansion for the good of humanity, by responding to aspirations, customs, different races – countries where the diversity is such that it requires rules and laws in conformity with these. The path of Sahaj Marg is simple in approach, it is intended so, and it is easy to adapt to it and to fully enjoy its benefits. These only become apparent with time, and are not trivial, you can be sure. The simplicity of approach does not exclude results that are barely believable for the average person. All this is quite real and, above all, we are very happy about it. The years accumulate results – they are very pleasing. May all our abhyasis benefit fully from this heavenly manna.

Saturday, April 10, 1999 – 8:00 a.m. Do not be afraid to advance towards regions unknown to you. You are all safe, more so than on the highways. It is on Earth that there are dangers, they lie in wait for you around every corner. The spiritual way is broad, difficult in some respects. It takes perseverance and will, but there is no risk of any problem. Have confidence in the Master; he is the pathfinder, the guide, the one who shows the way and protects you. Be happy to be engaged in a spiritual path. Your lives have a meaning; you all know where you are going. How many humans live from day to day, awaiting death as an ending and not knowing that it is a beginning? Consider yourselves fortunate not to be in this frame of mind and to know that on the other side of the veil there are other worlds where you will continue your progression. Alleviate the doubts you have about yourselves; you can reach the goal. What humans have done, humans can do. One needs only to want it and be engaged in an effective system. Therefore, courage.

Mon, Dec 27, 1999 - 10:00 a.m

Your devotion comes down to the essence of things: you love without asking any questions. That is the path to wisdom. Some need to rely on book learning – which was your case in the past – then one day all that can seem to be superfluous. Knowledge comes from inside; it permeates all the body's cells, and there, the spiritual being is fulfilled. It does not care any more about scientific or philosophical aspects of the method. The intellect is at rest and the heart delights in the divine presence that dwells in it. It tastes the pure nectar; it thanks humbly for this grace bestowed on it – going to the source inside itself. The principle is so simple: it is enough to surrender, to love truly, and more than that to adore, since only God can be adored. You will then feel lighter, happy, in a kind of bliss. May you all get there!

Tuesday, November 8, 2016 – 10:00 a.m

We fully support our dear great son Kamlesh in his action. Our Mission must adapt to the present times and prepare, as is proper, the future, when it will be appropriate to comply with new rules and laws, those made necessary by the very many changes which will occur on Earth. All will be done in due course, slowly but surely, and is already being put in place, without appearing to be. Certain vibrations escape human perception; so many phenomena are still unknown in the present era, very few human beings manage to grasp them. They are permanently deceived about the reality of matter. Our role is not to look into this aspect of things, and yet spirituality would become more accessible if that were the case. Everything in its own time; advancing in a process such as the one we propose helps one cross a vibratory space that is not insignificant. Each one advances at their own pace. A total commitment is very fruitful – the abhyasis who come to join us discover the effects of it. They are sometimes astonished by such an action, which cannot really be measured in this world of matter. May our Mission, carried by our dearest son, take a giant step forward. We are working in this direction and bless him especially.

Sat, November 5, 2016 – 10:00 a.m

To each, one's own path, one's own destiny – this is inevitable. No one can predict it, or change it, such are the divine laws. It does sometimes take a while to realise this and to admit the need to submit to it. Nothing is done without reason. The important thing is to try to understand why it is necessary to accept it, so as to move forward and adapt in the best way possible to what life has in store. No one can predict what their life will be – the Great Beings themselves have experienced this and have conformed to the higher will. Their destiny was there, so was it determined for each of them. The spiritual Masters of this Mission have experienced this, and each of them has contributed his stone to the sacred edifice which the Mission constitutes and represents in the world today. What is divinely intended is fulfilled and takes place in accordance with the higher will. Humans are so small before it. What do they know of this power, which is so far beyond human comprehension – they assume and in their wisdom recognise the need to adapt to its laws. How could they do otherwise! Sahaj Marg is said to be the way of wisdom; we ensure that we bring each of our aspirants to the level that is suitable for them to blossom personally and to benefit fully from this wave of love, which this message carries in these moments. May as many people as possible benefit from it.

Monday, October 31, 2016 – 10:00 a.m

Life and death are only stages; numerous are they in this long journey towards the 'Eternal'. Each one of them determines the next; this subtle 'strategy' leads one on a very long course, to the best that one can attain. A real commitment bears precious fruit; everything is counted and followed with the utmost attention, as far as our faithful abhyasis are concerned. Nothing is lost of what constitutes an incarnation; each event has its significance, and yet most often the being does not dwell on it, for lack of attention and above all knowledge about this special aspect of his or her personality, in view of Eternity. The human being is so small in front of it. The most well advised are quite helpless when the moment of this 'transition' comes, so awaited by some and so dreaded by others. The mystery of life remains complete in this domain, none can claim to know everything and lead their lives as they please. Each person's life plan is very precise and cannot be circumvented. "Blessed are the pure in heart, for they shall see the light," it is said. Each step taken in this 'way of the heart' is decisive. May the best be, for all our abhyasis. Unceasing blessings to all.

Wed, July 10, 2002 - 10:00 a.m Do you realise how much you let yourself get caught in the nets of the chaotic movement of the days? Try to resist and especially to let go. You cannot change anything regarding events, but only remain confident and wait. Time makes choices and man must accept and see in that only the finger of destiny, if he is wise. Don't take things that happen to others so much to heart; do what you have to do for them, and keep up faith. Has life not shown to you how much any situation is useful and edifying to the spiritual being, who must lead his own struggle? Rebellion is not for you; if you don't have faith in yourself, at least have it in your Masters who know what they are doing.

Tuesday, November 1, 2016 – 10:00 a.m Open this door onto the Garden, the one that gives you access to our hearts. This daily encounter is a real joy, dearest scribe; it offers perspectives on the Infinite, as human beings imagine it. This world of illusion creates its own limits, imposing laws that conform to its vision of things. We respect them insofar as they do not restrict our action, for the good of all those who follow us and aspire to a real progress towards the longed-for goal. Each incarnation brings what is necessary for the evolution of each one. All of these considerations are part of a global Karma that is incomprehensible in the current state of affairs; a lot of time is still needed to clean up, one might say, this world that is in the grip of multiple torments. The rhythm of this planet Earth is very slow; it is advisable to adapt to it in order to understand the behaviour of humans. We have experienced this life. Several incarnations have allowed us to grasp all the subtleties of the divine laws governing this world of matter, so specific in its principles. The future will allow a more accurate view of the actions that characterise it today. Everything is possible for the higher powers, including the good, in all its manifestation. Blessed and carried be our brothers and sisters in this most special initiatory journey.

Tuesday, April 13, 1999 – 8:00 a.m. The preparations for the celebration are going well. My son has started to relax; the hardest part is done. He would like to achieve perfection to satisfy us. The love that develops between a Master and his disciple is a gift from God. You cannot understand what it really is. It vibrates in every particle of the being. It is a special vibration; this kind of love can move mountains, build worlds and make them disappear. It is the divine game in all its splendour, a movement of construction and destruction. It is part of the rules governing the universe. Everything, from the infinitely great to the infinitely small, must be constantly renewed. Things are created, they move, they balance each other, harmonize and are deconstructed continuously. Nothing is immutable on Earth as in all creation. It is this perpetual movement that maintains the cosmic forces; it is this coming and going that creates life. We are born, we die, we reappear in another form. It is constantly beginning anew; the universe remains ever the same, while changing at every moment.

Tuesday, January 3, 2017 – 10:30 a.m Within you is peace, harmony, which facilitates these daily contacts truly emanating from the Source. Everything is intended thus and has been for a very long time; you have been chosen to take it on, one might say, and to tune in to us on a daily basis in utmost surrender, carried by the love that lives in you and is widely disseminated. Such is your life: very painful in certain respects, yet so fulfilled spiritually. Doesn't everything have its *raison d'être*! The action of Sahaj Marg is growing; it is positioning itself differently, imperceptibly taking a broader and more productive route. Thus is it intended by the Hierarchy of Masters. Everything is slowly coming into place. The great spiritual paths of this time have also started off in a small way. This is in the order of things. The movement of life brings about that which must be, at the opportune moment. The divine will is exercised here at all levels, including the darkest – this is not easily admitted by ordinary mortals. Stages are necessary in all that constitutes life in this world, a life that is infinitely subtle and of a rare precision. Doesn't every-thing have its *raison d'être*! Would these messages exist otherwise. May the best come about for all our aspirants and for our great son Kamlesh, who is particularly carried by the Hierarchy of Masters, the best that can be in this new year. Blessings to all.

Saturday, July 27, 2002 - 8:00 a.m You have all the necessary elements to build your spiritual life; it only depends on you to succeed. We try to bring you a plus with these messages, which are a characteristic element in our teachings. Certain lines are magnified therein or more moderate in terms of their tones and focused on the images they can create in you. The results obtained by each one of our candidates are the fruit of all this meticulous combination. We provide them with the materials and they build with our assistance and under our protection. When the moment has come, the life of the soul prevails; it lays down the law – which is all harmony and love. Don't miss the opportunities offered to you to progress. This stay on the Earth is short. No time should be wasted, otherwise you could regret it; it cannot be made up.

Thursday, October 14, 1999 - 10:00 a.m Your heart is so much in need that we can only speak about Love, but we are going to weary the reader. It is your inner attitude, 'your availability', as we have already indicated, that strongly calls for our feedback. Do you think we've made ourselves sufficiently understood? It is more than a 'heart-to-heart' - it is the heart in all its states! If, as we hope, our messages have been well understood and assimilated from the beginning, you all must also be in the same state of receptivity, and not complain about the contents of these texts. You, who have been nourished by them, you are making progress and your hearts have opened up imperceptibly; they are not tired of this speech, do you realize it? Is the mind still the strongest, or do you know how to put it in its proper place when needed, and let yourselves enjoy the unequalled sweetness of a state of grace? It is up to you all to judge, but don't hold back; loving that way is no weakness, don't dismiss it, it must express itself, and thus transform you from within. That will be all for today, think carefully on all this. Analyse yourselves with complete objectivity and do not let any more barriers prevent you from advancing.

Wednesday, August 11, 1999 - 8:00 a.m

My dear child, you have done a truly great cleaning work. The bulk of it is done. Continue to rest, you need it. There is still a lot to do. Afterwards, the work will be of a different kind. Let us advance step by step, and we will see how to guide you. We are with you, don't lose heart. Bathe in this light that is inside you. It is immutable, out of reach of human madness. It is your real treasure. Spend this day calmly. We are happy with you, we bless you and your women friends as well.

Thursday, December 15, 2016 - 10:00 a.m

The Sahaj Marg Mission is growing, so is its force of action. Dispersed throughout the world, it creates a significant vibratory web, you can be sure. This action is subtle and operates at important levels that are particularly appreciated as far as this aspect of things is concerned. Our path distinguishes itself in that respect: it works for the good, with such simplicity, yet with an efficacy that is remarkable to those of us who can assess the full measure of its positive effects. A new era is dawning and being prepared slowly to better secure its foundations and the far-reaching effects it will generate. Everything is called to change on this planet Earth, where important cycles have made it evolve as required, according to the higher will. This will is inescapable; everything is planned and counted in the slightest detail. The apparent chaos prepares and puts into place elements that will become decisive in the future. Everything is to be reconsidered. Since the dawn of time the human being has always adapted to cosmic requirements, and that will not change. To all our brothers and sisters, we wish commitment and progress towards the goal, while working accordingly for the best. Thus is accomplished what must be. Blessings to all.

Fri, Oct 12, 2001 - 8:00 a.m The Envoy: Man is advancing in the darkness of a humanity which is trying to find its way. The progress is very slow; we are helping it out but the struggle is hard. So many taboos should be overcome; miasmas that make it stagnate should be removed, as well as the veil concealing the truth from it; but the time has not yet come. Man has yet to go a long way and rise above his current condition. The veil of illusion is peculiar to this planet, which will have to mutate in its totality to emerge victorious from this ceaseless combat. There are chosen ones who managed to find their way; that which lets them glimpse another reality and places them, under the current circumstances, in an attitude of waiting and surrendering to the inevitable. Their faith makes them grow in strength and stature and removes their blinkers of ignorance. Men's hearts must open to the sublime vibration, which will lead them into a new era, perceptible to the most advanced ones and considered as a lure by those lagging behind. Each one will reap the fruits falling to them equitably, as per divinely enacted laws.

Wed, May 8, 2013 - 10:00 a.m Spare yourself, we can only repeat it. These messages, as you can see by rereading an old book, have a different vibration. All are important and should be read for the benefit of our aspirants. In this way, all is as desired and will follow its course as planned. What you have thus given by divine grace is priceless; only a strong and totally surrendered heart could convey it in this way. Your channelling capabilities are not ordinary; you are a special case in our Mission where you will not be forgotten, believe me, even though you don't take this aspect into account. Thus all is well; you are carried and blessed, my dear daughter.

Friday, July 23, 1999 – 8:00 a.m You see how sad it is to live with blinkers, like this couple in your family. Imagine yourself in this frame of mind, believing in nothing, neither in God, nor in another life after this one. It's frightening; you have been like that in other incarnations. Pray for them; they are fine, these youngsters. You must help them. How many souls are still at that stage! You see the work that remains to be done and why great beings incarnate to advance humanity. The work is gigantic; it is like a walk in the desert with no end in sight. It is disconcerting, when one takes part in that action. There is sometimes a crushing feeling, a painful despair in the face of the task to be accomplished. Humanity advances in small steps; we must make do with the results achieved, even if on certain days they seem trivial to us in view of what remains to be done. We do not want to conclude with this less than optimistic view of things. The work is not advancing as quickly as we would like, but we have to live with it and continue unremittingly, so that many more souls open up to the divine light. It is the goal of us all, incarnate or not, to see this work come to fruition. Help us by meditating and praying for spirituality to finally dominate matter. May it transform beings and things, here below, definitively.

Saturday, November 27, 2004 - 10:00 AM Along preparatory work is necessary to make the world of men progress and to let it reach another level of consciousness. All men will not be ready and we cannot currently go beyond that. May these messages addressed to our brothers make them become aware of the need for acting toward their evolution. What arguments can we put forward to sensitize them on an important fact that will change the course of their destiny? Caught in the pitfalls of modern life, they become intoxicated with various sensations making them forget the goal of their incarnation. Are they going in the desired direction or prevaricating by giving themselves good excuses to postpone what they should do today? Man is like that; generally he forgets the appeals of his true nature to satisfy less noble needs characterizing human nature. All have to fight it. We are not moralizers in this matter; we want to draw the attention of our aspirants to unavoidable realities they must take into consideration. To advance cheerfully towards the goal with respect for oneself and others is a rejoicing program. The events of this existence are to be considered with some hindsight, by devoting enough room to what is determining for their future life, as it is awaiting them in other places where the criteria for evaluation will be different. Divested of the useless aspects, they will have to face up to their own truth, and there, the surprise will be very big. May they already start doing some soul-searching, as we wish them to do.

Saturday, October 13, 2001 - 8:00 a.m. The leaders of a country or a community always claim they have good reasons to attack those they consider as enemies. Their own crimes are fully justified in their eyes. That is how it has always been with mankind. The same errors are repeated endlessly. There is little hope for this to change. They are the protagonists who must change, the entire human race that must change in its very essence. An internal and specific revolution will have to take place: a major biological mutation will have to be carried out so that a different future can be foreseen. Humanity is at a turning point of its history: it can disappear or rise from its ashes when its face has changed. There will be no other option [but] to set out again on a sound base. There is currently no miracle solution. Events must escalate to the bitter end, and will keep worsening until the outcome that will leave the two sides on their knees. One must face the truth and not hide from the sad facts. Having positive thoughts and keeping hope for better days for this planet is the best attitude. Wishing for its profound mutation ardently will foster its coming true. The Envoy

Wednesday, October 13, 1999 – 8:00 a.m In these messages, we can use another language, more intimate. Sensitivity is allowed to surface, the impulses of the heart manifest more easily. It is a tête-à-tête and, in the moment, it's easier to let one's feelings show and to express them in all simplicity. That is why this mode of transmission is unique. Two souls communicate without fear of showing their love. We will not come back to this subject; we have delved, over the preceding days, into the importance of love and its different facets. It is up to you all to work on this point. As it develops, love will embellish your life. Never deprive yourselves of expressing your good feelings to your fellow beings. Knowing how to communicate is a great strength in life.

Sunday, November 7, 1999 - 10:00 a.m

In the decades to come, great discoveries will be made in the area we have just mentioned. It will be the great reconciliation of the material and the spiritual. It is all connected; it is all explainable. The most impervious beings to spirituality will no longer be able to deny the obvious. Reality is so beautiful and so simple; it will then be easier to explain what is God. We will answer the question raised later. We will see in the meantime how to give you a sufficiently clear explanation without going into the heart of the problem – which is not really a problem. We must only weigh our words and see how to illustrate this answer so as to come nearer to reality. This truth is simple, but the facts escape human understanding. Man, from time immemorial, has a representation of God built with his reference points which have nothing to do with what it [truth] really is. Perhaps this 'uplift' will allow us, by small touches, to give you some indications which will enable you to cogitate on the issue and – according to your open- mindedness – to learn from it.

Wednesday, November 17, 2004 - 10:00 Am

Guided by prayer, your heart has succeeded in finding the way to plenitude. The door of the sanctuary was opened and there, beyond any expression, all the fervour it is capable of could be expressed. This song of love is inimitable and yet, that of the great mystics of the past succeeded in touching many hearts, which in turn carry the torch. This holy flame will not die out; quite to the contrary, it is growing in spite of appearances, in the darkness of this world centred on materialism. At all times, writings of this kind contributed to waking up the souls thirsting for the Divine. They are not inspired in vain and their contents do not follow current fashions. The heart is sensitive to what corresponds to it and touches it in the depth of its fibres, i.e., vibrationally; the intellect in this matter remaining in the back- ground. In the spiritual poverty of this world in general, a refined being seeks his way and if he succeeds, grace abounds in this thirsting heart, seeking a direction to his liking. Many are those who reach this crossroads and must make a choice, by seizing an opportunity that may not arise again. In the evolutionary cycles of this planet, things are like that: they are renewed according to rules laid down, immutable and inescapable. May our remarks touch hearts in their subtle aspects and help them take the decisive step making it possible to find their true nature, related to the initial purity: that which can propel them towards the Ineffable splendour.

Monday, November 15, 2004 - 10:00 AM Life gives and it takes back; it is in the nature of things. This emptiness, deeply felt, offers the opportunity to develop differently. Examine your life and you will see that these changes can bring positive aspects. Life is movement, without which it would stagnate and bring all the evolutionary system to a standstill. In each situation, it is necessary to see the positive side, not visible from the onset. Life is a university, the richest, and the only one, which truly shapes a human being, by allowing the karmic effects to appear. Change is necessary to evolution; everything evolves around these principles and can be fully justified by one who observes, as is the case with a wise man. Many began a true spiritual process following an outstanding event in their Earthly life. The ways of God generally escape human sagacity, as men are limited in their perception of a higher reality. An incarnation represents only a small part in the big puzzle, which ultimately is the long process of a being towards its highest destiny. The concept of surrender emerges here in all its power; it is not easy for our brothers to always give it the first place and yet without it, the way becomes complicated. Confidence and surrender are necessary, we said it, and without these two aspects our action is weakened. May love conquer the heart of all our aspirants; it is the light on the path and it leads naturally to the adequate state of mind.

Mon, Oct 4, 1999 – 10:00 a.m As long as there are messages, we will not stop returning to this aspect of your sadhana – interiorization. Perfect this practice, it will help you all until the end of your lives. It requires some training, but it is worthwhile. Thus, you will have at your disposal the means of escaping, by uniting ever more fully with the Divine. This refuge is unequalled, the subtlety of its atmosphere will transport you into raptures. Do you all see the purpose of this 'heart-to-heart'? It is meant to encourage you, to urge you to go ever further and deeper inside yourselves. We wish you complete success and we bless you, you who are so dear to us.

Wednesday, February 6, 2002 - 10:00 a.m

The progress of the soul is irresistible; it is made at its own pace and according to the strength of the call emanating from it. It receives proportionally to its deep aspiration. Its beauty attracts grace, and the love that it radiates fosters its elevation. A way like ours comes just at the right moment in this journey, which it accomplishes from life to life. A guide is necessary for it to reach the highest level; it has always been like that. It is one of the laws of evolution; the rules thereof are unchanged since the world has existed. These subtleties are not easy to understand. Why is a Master needed to reach the goal? His own experience and personal fulfilment put him in a favourable condition to help the candidate and guide him through the highest degrees. A solo quest can be appropriate for a time, but real work cannot be carried out with only the goodwill of a seeker, in spite of his faith however strong it may be. When the aspiration to rise is very strong, an opportunity arises that brings the solution to satisfy it. Everything comes at the right time. The wish of a sincere heart ends up being granted; he is guided – when the moment is favourable – towards the source that will be able to quench his thirst. God, in his great mercy, listens to his creatures whose calls reach out to Him. He always answers one way or the other, for the good of everyone. Fervour is never ignored and it finds the best channel to be expressed.

Monday, March 20, 2017 - 10:00 a.m

This heavenly manna of messages will cover the world, and do so for a very long time. These writings carry a subtle energy and they will be appreciated more and more, you can believe it. In the future, our Mission will have a growing place in the world, when spirituality will develop in response to a call that is justified and ever deeper. The times are changing, and minds are opening up to the benefits of an action, as it is being addressed in this age of spiritual openness, like never before. India has always been, in this regard, the beacon of the world, and it will become increasingly so, and this for good reason. [Here is] a spiritual approach that is not imposing, yet one that allows important and redeeming aspects to be addressed. To all our brothers and sisters, the best that can be; an important space is being created here for all our abhyasis whose imprint will be deeply etched over time. All our blessings to all of you.

Monday, October 1, 2001 - 8:00 a.m. France will again go through very difficult moments, but it will rise from its ashes as it always has. This country already suffered much in the past and it managed to keep some sense of dignity in particularly difficult circumstances. Each country has its own history, its character and its distinctive characteristics. A great number of individuals are open and receptive to new ideas and able to adapt to a spiritual movement, which has been the case for Sahaj Marg. It is deeply rooted therein and noble souls are striving to have it firmly established, thus helping many of their brothers. It takes a lot of time to change the world and to move from one cycle to another, without too much damage. With the passing centuries, evolution has not taken place smoothly. So many well-off civilisations disappeared, leaving so few memories of their past grandeur! People's minds, religions and customs change; man evolves and many beings come out of obscurantism and open to knowledge, that which is accessible to humans. This is already a great step forward. The important thing would be for them to get rid of generally accepted ideas and seek their own truth themselves. Many succeed in this. The blessed era is in the making; let us rejoice for the future of humanity.

Tuesday, March 14, 2000 - 10:00 a.m. Plunge into yourself, my child, and forget this hubbub. Come and gather these pearls of purity which we have placed therein and relish this sublime vibration away from the world and its noise. Is there any better way out than enjoying this blessed place? Let yourself be carried by these harmonious waves uplifting your heart. Man has yet to discover all the wonders concealed in this organ. It is like a safe filled with values and indecipherable by beings that do not possess the 'code'. They live with a true treasure inside them and the majority are unable to utilise it. Continue in this way. Go further and further towards detachment and bathe with delight in this miraculous source. (5 Demonstration of strikers under my windows)

Tuesday, November 30, 2004 - 10:00 AM

Go towards what your heart is craving for; it is perpetually in request, without being completely fulfilled. Do not neglect it. Let it be imbibed with this unique source providing unequalled benefits. It is characterized by abundance; it is enough to give it its due place, too often neglected by men. Ignored, it imbibes the elite souls having come a very long way towards it. From complete ignorance to bliss, it will take time, tribulations, sufferings; all the evils capable of making one appreciate its fruits. Approaching it allows one to foresee its ineffable splendour and the delights it can offer. To start a spiritual way is to foresee the possibility of success, when the way is followed with determination. We always revert to the same point: to be committed, to practise with fervour, puts the aspirant in the best of conditions. There is no magic formula avoiding effort and perseverance; one has to earn the success and the method also, with some minimum commitment and respect. The pure hearts will see the light; there are many of them in this world who are looking for the favourable way out through which they can leave the labyrinth of darkness and ignorance. Those who come towards us are ready, henceforth co-opted to answer a profound aspiration of the soul, whose entire extent they cannot assess in a conscious state. That is true for a majority of our brothers, but all is well, since their Master provides for it.

Sunday, November 21, 1999 - 8:00 a.m. The human being is of such complexity that we do not really know how to act with you all. We shouldn't shock you, bore you, or give you traumatising predictions. We do not blame you; we only try to draw your attention to some pitfalls that are likely to slow down your evolution. We are not 'bogeymen' and we only want the best for you. You have requested us to go further in these messages. It's true that there are many of them, but we should take advantage of the opportunity we've been given to transmit them to you. It will not last indefinitely and you will have the rest of your lives, if you so wish, to read and reread them. You may find them boring, repetitive, and they may weary you. If you regard them that way, we will not be shocked. You will undoubtedly lose out, but that is your business. We propose them to you all, and you use them as you see fit. We will continue as long as it's possible to do so. They will have the life you wish to give them by paying attention to them. They are in your hands, they are entrusted to you, and it is up to you to decide what happens next.

Friday, December 3, 1999 - 10:00 a.m My dear daughter, I know it well, your feelings towards me are sincere, deep and selfless. They have always been so, which, along with other reasons, makes our relationship very special. You give without expecting anything; it is a rare attitude which we do appreciate. Our contacts have become easier and easier with the passing years; we can even say that the channel is permanently open. You are 'our' medium and this relationship leaves you with the greatest humility. We hope to be able to still continue for some time. You have always used this gift for the good of your fellow man without getting any personal benefit from it, except for the gratitude of some of them. It is high time, at the dawn of the third millennium, for people's minds to open up and for a greater number to believe in this kind of communication with the beyond. Evidence will be given to men of the future; they will have to accept the obvious. Materialism will subside; humans themselves will be refined in their perceptions, which will facilitate things. True mediums will be listened to and recognised, which is currently far from being the case. Evolution on the Earth is taking place slowly, according to the laws of its own karma.

Saturday, December 4, 1999 - 8:00 a.m The universe is populated with planets of which some are inhabited. It is in those places where your evolution continues. Those places have different forms of life, undetectable by Earthmen in the current state of their knowledge. Fortunately, their technology has serious limitations; all these forays into space are sufficiently dangerous and harm a certain balance. Their dogged determination to explore and conquer will not stop by itself. Time will come when it will be necessary to put an end to this kind of conquest, as the means being used are devastating. Man wants to play at being the conqueror of space; he believes he is alone on the planet Earth, which is being closely monitored. Such terrible human tragedies - greater and greater - are taking place on it, without any effective means being envisaged to really remedy them. What would man go and do on another planet apart from reproducing the same systems, the same social misery he keeps dramatically spreading in his place? He is in utmost excess; we can only note these sad facts.

Wednesday, January 4, 2017 - 10:00 a.m Love carries these messages, our love, yours, and by extension the love of all our abhyasis committed to this way of the heart. All this forms a coherent whole, powerful in its effects. You can all rest assured. This fact is not trivial. For us, being able to follow the impact of these writings, the results are very satisfying. Here simplicity prevails, only love – this love – can generate such benefits. Why would so many messages have been given if not for something exceptional. Our Mission will carefully preserve this asset, whose importance the future will be able to measure. Our dear son Kamlesh is the Master perfectly adapted to this pivotal period. His creativity prepares the future when people will call for a different way of approaching spirituality. The Sahaj Marg edifice is solid, and the basic principles are well established in people's minds; only an evolution on the material plane has manifested over the years for the general good. What must be done, will be. Doesn't everything have its *raison d'être*?'. Sometimes it is good to innovate, to adapt to the realities of the present time, while respecting what must be respected – namely, the original foundations of this path, unique among its kind. To all, peace and serenity on this journey towards the ultimate peace.

Mon, Dec 6, 1999 - 8:00 a.m If I am your light on Earth, why do you not want to write it? Your circle has known it for a long time. We have, on several occasions, strongly urged you to write about the strong inner experiences; there is no weakness in expressing one's feelings. There is nothing soppy in this and it has required a big effort by you; it was so desired. In this kind of situation where there is utmost sincerity, an excessive sense of propriety is not desirable. It sometimes makes you miss a true soul encounter. As far as you are concerned, it was almost a therapy, which could give food for thought to certain readers of these lines. For a healthy being in this kind of relationship and spiritual love, there is nothing to hide. Showing how one can love beyond Earthly bonds is beautiful and not excessive, you can believe me. Through me, it is God whom you love since I am the being divinised by His grace and whose representation reassures you. He has no face; He did not materialise himself on the Earth and did not leave disciples and writings. Love fearlessly and boundlessly, and may you set an example for others who do not dare, even inwardly, to express themselves like that.

Sat, Aug 1, 1998 - 10:40 a.m

M: Babuji, I try to do my best to please you...

B: You are making efforts, that's good. You must keep going. As I have already told you, you have to persevere to go towards the high levels. There comes a point where this becomes more and more difficult. It is necessary to really focus on the goal to be attained and to go deep within yourself to be united with the Divine. Prayer, the impulses of the heart, are not enough to walk through the golden door, the one that leads to the culmination of all real research. Sahaj Marg is a simple spiritual way with no added ritual or invocation of any kind. Its simplicity is effective when used appropriately. We help our aspirants as long as they work with enthusiasm. We know that modern life, in the heart of the cities, is not conducive to contemplation; there is no need to spend hours on it. One has only to do what we recommend, with one's heart and also with love, which can only grow with time. By persevering, all this will yield the best results. Blessings.

Tues Dec 7, 1999 - 10:00 a.m Do not worry about respecting the schedule; there are requirements that you must respect, like that of receiving a sitting; it is another way of communicating with us. The work of the prefects is admirable; it requires some sense of abnegation. Attending to a great number of abhyasis takes much time and patience, sometimes. Working for the Master requires some sacrifices; it is a choice to be made with full knowledge of the facts. It is a kind of vocation. Make sure you do not see any special distinction in the fact of being selected as a prefect; it is a service being asked of you. To be in Master's service is an opportunity given to you and which must make you humble. On no account should it flatter your ego. You should learn how to appreciate it at its true worth. Playing an active role in a movement of this scale is a grace; serving one's fellow man is another one. It is up to you to use it as well as possible if you are concerned. Your being an abhyasi benefits the Mission as well as yourself.

Thursday, December 2, 1999 - 8:00 a.m

Beware of appearances. If Sahaj Marg seems to be stationary in France, and even regress in some places, this is not happening to a significant extent. We want motivated sincere abhyasis, who do not attend ashrams for various reasons without being sure of what they want. The Mission must be purified and strengthened. Numbers are important, certainly, but not at any cost. We do not go around knocking on doors. People who are really ready to undertake a serious process do not leave the Mission over human contacts that are not always idyllic. Let us be serious, no group can escape friction. You are in contact with men and women who have their characters, their personalities, which more or less suit you. Those who dwell on such considerations show a lack of spiritual maturity and we cannot retain them; it is sad for them, but what can we do? Never base your process on human relations. You run the risk of being disappointed. See the most important things: the Master and the priority of the goal to be reached. You should be guided exclusively by the aspirations of your soul.

Wednesday December 1, 1999 - 8:00 a.m

For your own good, keep a check on yourself. Rise above the little meannesses of life; you have better things to do. Be vigilant in order to put things into perspective in all circum-stances. You should not waste time and especially your energies with things that are not worth worrying about. Our candidates, with the passing days, are divesting themselves of useless aspects. It is the result of the combination of our work and theirs that leads them to seeing life from another perspective. They appreciate what is good for them and philo- sophically accept, most of the time, that which apparently is not. You should realise that each day is a step forward and that the way you live it can be recorded under the profit or loss column. It is up to you to ensure that it yields a positive result. Your thoughts are important and develop you as much as your acts. If you happen to let them tip towards the wrong side, you should rectify the situation immediately. You will thus manage, through a conditioned reflex, to control yourself. These are important details. Do not ignore anything that may slow down your progress.

Saturday, December 25, 1999 - 8:00 a.m.

It is not easy to remain serene when the body is suffering; we understand it very well. We have gone through every human state, without which there cannot be a true under- standing of others. People around you see your appearance, but they do not know what you are experiencing. We, we know, my dear child, and we help you to stand fast when you seem to be drained of stamina. Those who love you enough to admit that you can be sometimes irritable and not always in a state of grace are worthy of our confidence. During their lifetimes they will have to undergo attacks in the face of which they will have to react as human beings. They, too, will not always be understood. You resist like a good soldier. You hold as well as possible to the line of conduct that you have set for yourself: serving us by receiving these messages. The third series is taking shape and the following one is at a stage that is quite advanced. The contract will be fulfilled and we will see then what will be feasible on both sides. Try to regain your strength to benefit from the presence of your dear children-in- heart.

Saturday, March 2, 2002 - 11:00 a.m

In one's life, one must adapt to all circumstances. The same applies to our contacts whereby, as is the case today, one has to go beyond the established rules. The main thing is to be able to receive us by immersing yourself in this reserved space, and then the contact can be established, without the schedule changing the intensity of it. It is good to apply discipline to oneself, but some constraints can bend it. The door is not closed, far from it. This waiting gives you a very strong aspiration to isolate yourself and to join us. You see how a mere delay can create a sense of emptiness; can you imagine if you were deprived of our contacts? The single fact of meditating deeply soothes the subtle being that aspires to feast itself on the Divine. Could your life make do with its daily monotony without this time slot reserved for it [subtle being] and whose delight has become necessary for it? It would lack an essential component that is an integral part of the course of your days. To remain deprived of meditation would be tantamount to a lack of oxygen, which is essential to the life of the physical body, for you and those who follow us assiduously

Friday, October 15, 1999 - 10:00 a.m

We have had a long series on Love; let's leave it at that for the time being. The topic is inexhaustible and we will revert to it. Love must be present for all of you at every moment of your life, and it must direct your life. You will not see your fellow beings with the same eyes anymore, some of them will seem more bearable to you. Everyone's life is fraught with obstacles - this is how it is. The tragedies it has in store for you all can affect you very deeply and modify your behaviour by making you unpleasant, even aggressive. One should always try to understand before judging. The character of some individuals is difficult to bear; they suffer from it sometimes, when they realize that they spoil the lives of others. Everything is a teaching and can benefit both parties. Do your level best, always surrendered to your Master who sees into the depths of people's hearts.

Saturday, November 6, 1999 - 10:00 a.m

M: You are right, Babuji. It is necessary to dream. I dream only of the moment when I will join you as well as all the beings who are dear to me. Yes, with pleasure, Babuji. I would like to be able to travel, and hence to go to Madras and especially to speak English, if you see what I mean. Cannot one dream of miracles? Is that not part of the game?

B: I know that dream, but there is no question of that one for the moment. You are on the Earth and you still have some work to do there. Therefore, you should dream advisedly. You should remain in the realms of possibility; dream and miracle are two words with different meanings. You know very well what I mean; it is necessary to know how far one can go in this area. We also know that for so many years you have been holding on mentally by thinking that one day you would resume a normal and active life like the one you had in the past. On the contrary, we will not deny the power of positive thinking. Do as well as possible, my child. We support you and we love you - this you know.

Monday, November 1, 1999 - 10:00 a.m. On this day, think of all the beings you all have lost. Send them thoughts of joy and gratitude, but especially - whatever the emptiness they may leave in your life - control yourself and do not be sad; they would feel desolate. Their life continues in the beyond. Whether they remain close to you or not, you should leave them in peace and not overwhelm them with queries and requests of all sorts which they cannot satisfy. They help you in their own way, which does not always satisfy you. You must respect them and let them go on their way. They come to you when they can and help you as much as possible. Your lives on Earth must continue; you must go until the end of what is written, and that, in a state of acceptance. Your requests will change nothing. Continue on your way with courage. The time you spend on Earth is not that long, even if it seems an eternity to you. One day it will end, and you will be able to sail off towards other skies.

Tuesday, November 2, 1999 - 8:00 a.m. To certain beings, including you, God chooses to appear abruptly in a precise circumstance, which was the case for you in Lisieux. The revelation was awaiting you in this place and it transformed your life. The Guru of the gurus has multiple resources. He knows how to gather souls; He waits for a good moment. When the soul has matured, He literally swoops down on it. You were chosen, my child; it remained for you to carry on your way. Even guided and supported, the human being has choices to make. He sometimes gets lost; he has unfortunate experiences, but they are necessary for him. To carry him completely would not do any service for him. He must sometimes have his wings burnt by the flames of life. God is the great comforter. To whom does one turn when everything is going wrong? Only He can understand us. He knows all the weaknesses of His creature who must advance in spite of everything, and progress in spite of the handicaps which hinder him. When grace literally strikes a being, this divine gift makes his guides smile and it delights their hearts, filled with happiness.

Saturday, December 31, 1994 I am with you. Pray for peace, there is a lot of misery in the world. I don't forget you, but there is so much to do. It is good that you are not indulging in immoderate feasting and that you remain in the spirit of Sahaj Marg. I bless you, my children. Help us through prayer and your purity of heart. Do your practice well, it will be your sustenance for the great journey. Don't go to the ashram this evening. Rest, you have my blessing. I appreciate your François, you were very lucky to have him; he is precious.

Thursday, December 30, 1999 - 10:00 a.m. Your only treasure on Earth is the good you can do for your fellow man. You cannot change the matters of the world such as laws or politics, nor avoid wars. But there remains a personal leeway for action; do not hesitate to use it. Good thoughts and good deeds constitute a very positive credit that can, if developed, restore the balance of the world. We place all our confidence in you and all those who, whatever their spiritual and humanitarian movements, are striving for good and peace. As far as you are concerned, you should try to take stock of your current life and project yourself towards the future. You can work out a plan of action and act accordingly. Nothing is impossible to pure hearts; the simple fact of being eager with all one's might to change the world by changing oneself is a commendable undertaking. We know that some of our candidates are surprised by all these comments; but life is a whole. One cannot advance happy-hearted and at peace while walking on ruins.

Monday, November 1, 1999 - 8:00 a.m. Since you, too, are asking for it, let us continue. You could consider that you have put in enough effort and that you should leave off there; we would understand it very well, but we are not in the habit of giving up. On this All Saints' Day, think of all those beings who have led outstanding lives, who distinguished themselves in different fields, but always because the only force which guided them, which made them move on, was God. What could be more beautiful than to serve God, to devote one's life to Him, to set an example and to stand as a model for those who take those beings as guides and beacons. By their edifying lives, they have left reference points to those who need them. Your preferred saint has influenced your life since your youth and remains a role model to you. Therefore, on this day, it is right for you to have grateful thoughts for all these beings recognised or not as saints, but who enlightened humanity. You all have something good in you, do not repress it, let it express itself, and especially, you should show it around you. There is so much to do, open your eyes and get down to work for the love of Him.

Friday, December 31, 1999 - 8:00 a.m. You should prepare for changes that will take place in you and that are likely to shake you up a little. You are moving towards increased detachment by leaving aside superfluity, useless aspects. Do not worry; we are guiding you on the way to wisdom where you are advancing step by step. Surrender to my heart as you used to do so well; you know that we watch over you and we also surround you with love. We know what you are longing for: peace in relation to the worries of daily life. You must put up with so many problems; we do not have now the suitable person to relieve you from the many worries that weigh on you. Show some more patience, my child. There is no miracle solution for the moment. You have regained peace of mind at this end of the year by being helped by somebody who suits you better; this is already appreciable. Today's advice for all of you is: be in acceptance and surrender, it is the best thing that can possibly happen to you.

Saturday, May 11, 2002 - 10:00 a.m. Don't fear to spread your wings; your faith is strong, they can withstand it. Your spirituality has been refreshed from various sources; it was nurtured, it was shaped with time. By coming towards us, you have made a choice, convinced that this way would bring you the main thing, i.e., a true spiritual and mystical dimension. Your soul was ready to recognise it and accept it, this being the determining aspect of your commitment. The same is true for each one of our candidates; when the moment has come, the opportunity presents itself to the seeker who can seize it. As it develops in the world, the Mission offers a broad range of possibilities for it to be known. To find one's way is not a grace granted to everyone; it is appreciable. In this long search, which gets stronger from life to life, various means are proposed to man in order to satisfy his aspiration for the Divine. He makes many experiments, sometimes disconcerting, but inwardly he holds the course. He knows that each step is constructive, that he is making progress in his quest, in his search for effectiveness. Even if he has not made the right approach as yet, he can feel inside himself the strengthening of his determination to find what is really appropriate within himself.

Sunday, April 14, 2002 - 10:00 a.m Detach yourself from the hustle and bustle of the world. You should stay away from this mad swirl as much as possible. Man, caught up in this bustle, does not even realise any more the emptiness of his life. Many are utterly distraught; they don't know who to turn to any more – which therapist and which cure can make them feel again like bearing their existence. They do not foresee the future with optimism. The luckiest ones, the most advanced, consider that this life on Earth will logically continue, and they make sure to prepare for it. Having reached this stage, they try to find out how they can make a success of it. The majority try to get rid of the ideas received from their childhood in the family circle. They want to have a better idea of everything proposed to them. They make choices by trying out ways that they deem attractive. This entire search corresponds to a period in their life when they are trying to find themselves. Their lucky star can lead them towards the way that is intended for them, and as from that moment their true search starts. They find it reassuring to advance on a safe path, plain, but well designed, free from unfore- seeable situations and disappointments. These are aspects which life sees fit to bring to them. Their need for stability is satisfied, this choice suits them, they can advance in total safety, in confidence and love – the essential key to their evolution.

Friday, May 31, 2002 - 8:00 a.m.

Let your heart get carried away and grow in devotion towards your Masters, and continue to unite us in the same love. Keep up this flame in your heart, it is redeeming. We have said it many times: only love can save humanity and transform it by purifying matter. All is possible to man, if he actually wants to take the trouble for it. God is Great; everything can change and a lasting peace can be established on Earth for men, who would be made wiser and get increased stature from their goodwill. Man can change; he must change. He can take up this challenge. Future times call for these changes. The Earth cannot indefinitely delight in wallowing in the mire. Noble souls that rise above it apply themselves to making the world change. An ideal society is not impossible to create. Let us dream one moment of this success where all men would be brothers and would help each other – an idyllic and constructive world that respects the planet and all that lives on it, in terms of the various kingdoms. This peace exists elsewhere, then why not on this Earth? Let's build such a place together.

Thursday, February 2, 2017 - 3:00 p.m It matters little to a fervent heart the situation of the physical body, when expressing oneself becomes a play of the Spirit, a very special grace you enjoy here. This flow of love between our hearts cannot dry up, it will only grow over time to cover this entire Mission. On this very special day we are by your side more than ever, and we support you with great love. Our dear great son Kamlesh is so very blessed and carried in a masterly manner. All this extraordinary love creates a very special aura in what surrounds you; it is relayed and multiplied by the power of our 'K', who is by your side. This is a day of grace whose action will become evident with time. Rest assured, this action will reveal itself to all. Be at peace, everything is for the best. Our wishes will come true, you can be sure. May the best come about.

Saturday, May 11, 2002 - 8:00 a.m.

Look at the dove; it can settle on mud, but its plumage remains white and pure. Thus is the very refined mystic, who little by little rises above the miasmas of the Earth and who gives importance to his divine nature. The great sages of the past and the present did the same to arrive at this self-control, which places them on a higher level. They fought; they constantly renewed their efforts, their desire to progress being the strongest. It is not easy to manage one's own nature. It is only human; it is tough in its weaknesses and its shortcomings. The candidate in his initiatory process becomes aware, as he advances, of his shortcomings and the weak points on which he must focus, and tries to correct them. An assiduous practice opens his eyes; this simple fact places him in a very different position, since he can make his own assessment which encourages him to act. The sadhana is the best remedy; it is by progressing that he truly discovers himself, without external assistance. He finds inside himself all the answers. He is no longer alone, he has understood the main thing; there lies the supreme blessing.

Thursday, May 9, 2002 - 10:00 a.m.

The Earth has a very long history; it has undergone many upheavals, surprising transformations in our appearances and the forms of life that reproduced thereon. Species that would make you shudder – if you were confronted with their strength and their aggressiveness – prevailed in this world during very long periods of time. It was not pleasant to be out there in these parts. Today's man tries to picture these civilisations. The evolution of this planet must continue under conditions that completely escape men's assumptions, in terms of how they will be in a distant future. Their forecasts are based on wrong assumptions. That does not matter; people's minds must be applied to sophisticated calculations where notions of domination are not excluded. They set out to conquer the worlds, yes, but also to impose their law, their techniques and authority: a new kind of colonisation, remote and on a large scale. All current research and preparations are made with this mindset. What prevails is total lack of respect for what can exist on those planets. Man is likely to be unpleasantly surprised to discover, at his expense, that he is not alone and, especially, that he is not the most intelligent.

Sunday, July 14, 2002 - 8:00 a.m.

Humanity is what it is, and it must carry on its combat to rise up. Each one of its elements lives and fights for that. It is in this spirit that you are working towards your evolution. With a few exceptions, all the beings populating this Earth are there with the same aim. It is a large- scale undertaking. Considered in isolation, you belong to an elite group – shall we say – working actively towards its liberation. You act, you undertake and you are forging ahead, trustful in your success. Why would a spiritual way like ours exist, if the stake did not partake of a great intention orchestrated by higher forces? Means are offered to men to enable them to overcome their current condition in the evolutionary cycle of this planet. We can only encourage them – by all means possible – to achieve it. We will have no rest while this Earth remains the battlefield of good against evil. A day will come when the balance of forces will be significantly reversed and when it will be able, as planned, to shift up to a higher level.

Tuesday, October 12, 1999 - 10:00 a.m.

We want to sensitize you all on this aspect of your process, but don't feel guilty if you do not feel carried away with Love. That doesn't prevent you from advancing. Sooner or later, you will experience this blissful state. You are committed to a path, you are doing every- thing we ask of you. Your diligence bears fruit, even if that is neither visible to others nor felt by you. Everyone has their own reactions, their way of being. There is no standard model, so keep doing what you can, with all your heart. We are not asking anything more of you. Within a group, there exists a great diversity, but the entirety forms a coherent whole. The different elements of a physical body produce a harmonious and well- functioning result. The human creature is a beautiful achievement. For that, we are working together so that you all go as far as possible and spiritual realization is achieved within you; there lies the ultimate result. Let us continue to advance towards that goal for your greatest happiness and ours.

Saturday, January 8, 2000 - 8:00 a.m. Faith is a divine gift, just like love. Imagine a lifetime without faith. How can one live like that? – so you think. Many live it and with dignity. They can have a well-led existence, help their fellow man and act honestly. Why is it so, you say, when so many others who claim they have it, behave so badly towards their brothers? These are the mysteries of creation. God has His reasons, which are not obvious in your eyes. He knows what He does to bring each creature to the point where it must arrive. Life is only a short spell in this great process of evolution. Man goes through all possible tests, and he is put to the test; he must measure up to all situations. This is what must make him stronger and humble while advancing towards perfection. Humility is a great force; it allows tolerance, a real under- standing of the other, and it is a major virtue. The way is long and difficult, but there is every hope for success and it is worthwhile.

Thursday, April 8, 1999 – 8:00 a.m. Why would you not want to call things by their name? In spirituality, one must be totally in truth. We are not involved in worldly matters where everything is but appearances, deceptions, with the attributes of maya and its trial of false pretences. For our part, we step out of this framework, so let's be true, including in our speech. We do not promise anything that isn't attainable. A spiritual work well conducted, with a high-level Master, leads to the expected results. You have all the assets in hand; it is up to you to make a choice, the small or the big door. What are the aspirations of your heart? It is its availability, the fervour of its call, that draws our attention and makes us linger on it particularly. A sincere and profound request never goes unanswered. Our wish is that you should all reach the celestial fields. Fusion with the Master is a reality and not a mere representation. Open wide your heart and your soul to the beneficial rays of love. Grace will be proportionate to the potency of the call.

Sun, Sept 5, 1999 – 10:00 a.m M: Babuji, when I am in contact with you and you tell me beautiful things, it is paradise. When I come back into myself, in this poor Earthly me, all the magic goes – well, almost. Everything beautiful you say concerns the deep part of my being; the criticisms, they are actually addressed to me. Thus the balance is satisfactory. B: My dear child, you know how to put things in perspective. It is true that until the end, while incarnate, we must struggle with this human nature, which leads its fight as best it can. The divine self has a life of its own – even if both seem to interfere with each other in certain circumstances – the beautiful and pure part of a being is inviolable and indestructible, no matter what happens.

Sunday, December 5, 1999 - 8:00 a.m. The Heart's Code is a very good approach to the issue. This book is interesting; it represents a serious scientific study. It does not capture all the most determining aspects but it can give food for thought to the sceptics. This seeker has understood that the heart is the seat of the soul; his exploration builds on reactions resulting from heart transplants. The physical heart is the reflection of the spiritual heart; it is a kind of replica that does so much important work. The spiritual heart is vast; the physical heart bathes in it and is surrounded and assisted by it. The secret code of the soul lies there, as does the genetic code that determines the personality of a being. Both are involved. It is a vast project for the scientists, who are nowhere near to decoding everything, but it is a promising beginning. You have started getting evidence of what we have been propounding for a long time; a small step has thus been taken. As far as we are concerned, we work on important aspects that make you progress, as is explained in some of our books. A great step will have been taken for man's good when spirituality and science converge and work together.

Sunday, December 5, 1999 - 10:00 a.m. In the next century, the scientists will discover an essential element concerning man's spiritual life. High technology will enable them to go very far in the exploration of the human body, of the heart in particular, which we have just alluded to. They will discover new and important elements in the nervous and lymphatic systems which are communication networks between all the organs. Impulses or orders go out from the brain and the heart. The real functions of this organ, the heart, will then be highlighted. Those who will be on the side of the truth will have to fight, as always, to impose their views. Four centuries ago, one did not even know that the heart played a role in the blood's circulation. It was a mystic² who understood it and whose views prevailed. These concepts, as well as the overall reality of the heart, were already known by very ancient civilisations. That should make some alleged scientists of this time a little more humble. Could the next century be called the Century of the Enlightenment? Let us pray for that to happen in every sense of the word. 2 Dr Harvey Spencer Lewis (A Rosicrucian)

Tuesday, April 20, 1999 - 10:00 a.m. I also had to fight to correct my faults. There are deep-seated tendencies. It takes perseverance to depart from them, at least, to try to improve oneself. Nobody is perfect; so don't beat your breast. The only fact of being incarnate carries a whole trail of human failings. It is a common carrier-path. Nobody, even great beings, can escape it. Only the divine jewel, which is inside you, is pure and spotless. Do not believe you are the only people struggling to get rid of some faults. They pertain to human history. Make efforts, and, while moving towards the goal like Tom Thumb, drop behind you these few stones that burden you. They will show the way you have come. Then, you will advance cheerfully.

Friday, October 22, 1999 - 8:00 a.m.

Sahaj Marg is at the beginning of its existence. It will have to overcome heavy difficulties. The madness of humankind will deal it blows of all sorts, but it will do as the wise ones who pick themselves up after their trials, strengthened and more lucid in the face of life. A great spiritual way cannot gain a foothold without clashes. The roots of Christianity run very deep. Even if the tree shows obvious signs of old age, minds are very strongly impressed. Whether practicing the religion or not, human beings are subjected to a kind of atavistic Hold. New times will come when light will be shed on all that has come to codify such a beautiful teaching and allow it to degenerate. For centuries, narrow-minded and sectarian people have had a stranglehold on individuals by making them feel guilty, by threatening them with hellfire. How could Christianity come to such a point and do so much harm. That is where immoderation and sectarianism lead.

Monday, November 8, 2004 - 10:00 AM

Men in high places or common people: all is a question of roles assigned for the needs of an imposing play, being performed in the world of men. Each one must do one's level best and bear one's burden, more or less heavy, visible or hidden, no one being able to escape the multiple aspects of an incarnation. If humans could finally understand that they are all equal—that races, social attributes creating differences in the eyes of men, do not justify at all a haughty attitude towards the most underprivileged—they would avoid unfortunate karmic consequences. Our aspirants should not lose sight of these concepts essential to their evolution. Only this can distinguish them from the others. Their social position here below will not be of any help to them with regard to the divine laws where purity and the elevation of the soul are the only criteria capable of opening the way to them. The pride of some men is foolish and it leads them on a dangerous way, moving them away from the goal to be reached. Their true merit is that which they acquire through victory over themselves, by surpassing themselves to let open out what all humans have equally: the divine presence within them. If men wanted to actually convince themselves of this notion of equality, the face of the world would change and each one would excel in one's role specific to a transitional incarnation.

Tuesday, November 9, 2004 - 10:00 AM Regain your composure; immerse yourself in the heart of divinity. This slot between the matters of the world and the greatness of divinity enables you to have access to us. Let yourself be carried away on the wing of love. These comments may seem incongruous in a world enamoured of a frenzied materialism. No matter what may occur here below, this eternal virtue will remain: the divine laws remaining timeless and beyond the madness of men. Many venerate these immutable spiritual values, in one form or another; they always prevailed in the heart of those who crave for them and respect them. The various civilizations that succeeded one another on this planet had a notion of God and revered Him in many forms. What matters are only the spirit and the fervour of the beings in their practice; nothing has changed basically on this point, since the mists of time. Divine energy resides in hearts, irrespective of whether they are aware of it or not. The awakening of consciousness occurs according to the needs; the laws of evolution are not understood by men, their judgments being based on the level of matter. The world of the Spirit is out of their reach and they are not ready to grasp it. The divine laws will keep their mysteries eternally; compared to those, the smallness of man is infinite. To praise God, to love one's Master, one's guide in this world and beyond, when happily he comes to us, is a distinguished grace. May all our brothers realize their luck, and all be blessed.

Wednesday, January 11, 2017 - 10:00 a.m Each person's destiny is inescapable. A human being very often makes plans that cannot be realised. Such are the divine laws, and that, ultimately, is not a bad thing. Experience proves it. Our Mission itself has gone through stages that bring these laws to light. With time, our dear and great son Kamlesh has taken the measure of his mission. It is not a minor one; he will bring a definitive touch to the Mission's structure at the material and spiritual levels. Blessed, so very much, is he, by our united hearts. All our best wishes go to him and his family, especially on the occasion of this wedding. This is how it is

Tuesday, November 30, 1999 - 10:00 a.m

It would be reasonable not to overexert yourself today. We will say only this: the Mission is advancing, the Mission is growing, and its future is all set. Not only are the foundations strong, but the edifice will keep growing with the passing centuries. We have been the pioneers of this beautiful history for humanity. It is not easy for you to realise that its importance is not only for your time, but for future times. Be happy to be in a way which is solidly taking root and which will influence this century and the ones to follow. You are at the dawn of a new era where spirituality, with time, must hold a preponderant place. Even if it does not resolve all problems, it represents a salvation for men of goodwill. We will conclude with this optimistic note. Rest, my child, and learn how to better manage your energies; you cannot afford to waste them

Sun, Dec 18, 2016 - 10:00 a.m.

These messages constitute a true asset and will be highly appreciated in the future. They will be considered a reference in our Mission. What this future will be, we cannot define at present. At our level, we are preparing it for the best. In the silence and the secrecy of the heart is developed that which is best suited for the evolution of each of our abhyasis, and by extension, for the creation of a better world. What does not seem possible today will come about one day; many phenomena will come to modify what exists, to bring humanity to a healthier life where hatred, such as it exists today, can make room for more vibrational harmony, essential for the overall evolution of creation. Human beings are supposed to set an example with their behaviour. We are not there yet, but this 'magic seed', let us call it, is sown. That may seem utopian. Since the beginning of life on Earth, many other major upheavals have occurred and have completely changed it. To the divine power, nothing is impossible. Human beings, whatever they may think about it, are very small, even insignificant in the face of this power. What must be will be; our Mission is active along these lines, far more than it may seem. Blessings to all.

Wed, Nov 18, 2015 - 10:00 a.m. Forget this world during these unique and blessed moments, when by divine grace we can express ourselves, and for good reason. Our choice was not made in vain, you can be sure. These writings will remain unique and the characteristic feature of our Sahaj Marg Mission. This is worth repeating since our words do not seem to be heard. No matter, let us proceed on the journey, where grace carries this pencil that is exclusively surrendered to our will without any preconceptions whatsoever. May all our brothers and sisters find a little time to devote to their practice; it is a necessary pause in their lives for their spiritual advancement. It is important, you can be sure. One day, they will be able to assess its effects and enjoy the benefits it provides. Everything is accomplished in the silence of the heart, far from the noise of the city and the multiple diversions that everyday life brings. These many aspects attract one's attention. It is not easy in such tormented times to evaluate things and, especially, to not neglect the essential. Far from the noise of the city - of life, quite simply, and the unrest it produces - what is essential to human evolution is being developed. Everything is moving forward at its own pace in accordance with divine plans that have been known for all eternity to lead where needed - to the development of a better world. We are working towards this, in a small way compared to this power, but our intentions are gradually materialising. One day, they will succeed in prevailing permanently. May grace flood the hearts of all our abhyasis and carry them to the highest.

Thursday, September 9, 1999 - 8:00 a.m. Yes, one day, you will be in full light by my side. You have yet some way to go, but this outcome will be the logical continuation of this whole painful and loving process. Your heart calls us unceasingly and, even if this love were not shared, it would end up moving us. Nothing is impossible for love; it is the master of the universe. To engage in its wake is the best means of overcoming maya and all the barriers it creates in this world. Remain protected in this cocoon, my child; we keep a close watch on it and see to its effectiveness for the progression of your soul. Be strong to face up to life's torments. Do your level best with all and everything that affects you in your circle. A decline of the physical forces makes one more vulnerable, but you are a strong soul that sails, against all odds, towards the goal where we await you. Do we have to tell you again that we love you? That is not a simple formula - you know it - therefore, this love, carry it inside you like a protective jewel. That's all. Rest.

Thursday, April 11, 2002 - 8:00 a.m Love is a subtle and powerful energy. It is the driving force of human evolution; it is its quintessence. Let your souls be carried by it and gain in stature. It is the essential element, the force that actuates the wheels of the celestial engine. It takes part in the great movement of life; it creates it and maintains it. Nothing escapes its action, and nothing can exist without it - it [love] has the edge over any baseness. Only what is beautiful emerges from this mad planet where men take pleasure in mire and dregs. The time of purification will come when the mutation will take place by itself, through a slow process, but activated by powerful forces. It seems inconceivable to speak about evolution and change in these times of sadness and distress in many corners of the globe. Cycles are very long and go well beyond the memory of men. Everything is programmed time wise, and is carried out at all costs, no matter what men think about it.

Fri Dec 16, 2016 - 10:00 a.m A delay of a few minutes will not diminish this contact. Over the years it has become a sacred moment sensed by many abhyasis who, unlike some others, do not consider them to be constant repetitions. Here, there is a transmission of that which cannot be explained, but which fervent and sincere hearts receive in the deepest part of their subtle being: the heart, the seat of the soul and of all the benefits we bestow on it in its 'reality'. This 'heart', so little acknowledged in this sense, nonetheless works wonders. The path of Sahaj Marg is unique in its effects; the work that is being accomplished throughout this journey is not spectacular, as many of our brothers and sisters would wish it to be. Can they see within themselves, truly, that is not possible. We here have that privilege, since we are guided in this through our ceaseless action in this matter and are able to distinguish what is necessary for each of our aspirants. Each one is given that which is in keeping with their own aspiration; this is in the order of things. A fervent and yearning heart receives accordingly, in conformity with the decree of divine laws. These laws are inescapable, but such power they have! It is amazing. To rigorously follow a spiritual path is the most beautiful and noble asset of one's life, beyond all material concepts. May the best take place for all our faithful aspirants.

Tues, Nov 16, 2004 - 10:00 AM Human beings are seized by a frantic appetite for life, for knowledge, and they are rushing with a view of actually reaching what is within them and which cannot disappoint them, contrary to the deceptive effects of the material world. Some tribes, protected from this outrageous civilization, keep an ancestral wisdom, naturally connecting them to the essential values. This minority is appreciable; it is the custodian of a tradition where respect for the divine laws prevails. The so-called modern life misleads a man avid for all kinds of feelings and who generally, respects neither the divine laws nor even those established by men. A collective madness has taken hold of this world, and it will actually need to be subdued one way or the other. Poor is the one who ignores his true nature and who blithely tramples the elementary laws of good behaviour underfoot. To harm others, is also to create one's own frightening karma, which nothing here below will be able to erase. On this Earth this evil is taking on frightening dimensions. How can men be made to see reason? The future will tell. The pursuit of pleasure cannot lead a civilization to the highest level of realization. Many souls are emerging from that degrading context: noble souls in search of the Divine are craving for beauty and purity, and constitute a hope for this world which is drifting away. May humanity pull itself together in time and set out again in the right direction.

Fri, Nov 19, 1999 - 8:00 a.m. There is no need to worry about France. Some abhyasis who lack motivation have left; others are taking a break - it's normal. They need to assimilate all they have received and take stock. It's necessary to let them go at their own pace and not rush anything. Each being reacts in their own way; it's the result that counts. In their case, it's a need for interiorization that manifests itself. They will set out again stronger and more determined once that hurdle is passed. We offer all of you a real spiritual feast, the most subtle foods are at your disposal. What is your appetite? That is the question. If you realise that it is a feast, the awareness is good and should lead you all to making the right choice - to consume according to your appetite and assimilate the whole perfectly. Do you see how simple it is? You are the ones to manage your business, as you feel. We are there to help and understand you, but we cannot push you against your wishes. Even if we deplore certain behaviours, you all have the freedom to do as you please.

Wednesday, September 21, 2016 – 10:00 a.m. Fervent hearts are strengthened through loving. This long cycle of incarnations leads them to understand all the subtlety of life; they adopt all that is important for them in this journey, which is decisive and initiatory in many respects. The practice of Sahaj Marg saves precious time, it marks their course in a positive way and determines what tomorrow will be, in this long progression towards the Eternal. It does take time to understand the deep meaning of life, and each abhyasi is guided and supported in this respect. To all, motivation and commitment, in the pursuit of this 'Ultimate' goal, carried by our Love and unceasing attention.

Thursday, March 7, 2002 - 10:00 a.m

As soon as you regain strength, you resume work with ardour. Your heart enthuses in doing so, it glides, happy to find its usual rhythm. This food is essential for it. One day – we hope so – the same will apply for a great number of our candidates, who will have overcome the barriers of incomprehension and ignorance. All that can enthuse the soul is favourable to your progress. All these messages are accumulating so that one day, each one of our brothers will find in them a sentence, a thought likely to awaken within them positive feedback that will help them in their search and bring light to them – just like headlights cast light on the bumps of the road. There is no pretence of your learning everything through these messages. What you have acquired before arriving in our way, plus the reading of our books, has opened your minds to knowledge so as to better benefit from the work being carried out in you through sadhana. These messages have another objective: they touch the right chord in you and make it vibrate in unison, in harmony with the subtle being residing in your heart. Every- thing that can facilitate your progress should be considered. We are applying ourselves to give the best to you. That is how great liberated souls work to help you to not neglect any detail which is likely to uplift you.

Sunday, November 21, 1999 – 9:30 a.m. Are you all fully aware of the brevity of life on Earth? The beings that are dear to you and those you appreciate will leave it one day or another, and perhaps earlier than you imagine. Take advantage of their presence. Appreciate the moments of harmony with them and the qualities they may have, leaving aside their small foibles. See what is good in each one and help them, if needed, to develop the positive aspects that characterize them. Each individual is one of a kind, in their personality and their genes. Do not wait until certain beings have disappeared to express your love or your affection to them. So often the living are assailed by such regrets! Try to no longer make this kind of mistake. My son is arriving in Europe. Once more, he will do important work to help all the countries he visits, and those not visited this time will receive what they need. Physically, he cannot go everywhere; do not however draw any erroneous conclusions from this. We will leave it at this today; you have taken down this message under difficult conditions. We will let you rest and take advantage of the treatment you have received.

Tuesday, November 17, 2015 – 10:00 a.m Free yourself from the miasmas of this world; they bring heaviness to the space where we are able to express ourselves. Your heart is the sacred refuge where every day we step in to give these messages. Let us make it clear once again, they are the only ones of their kind, and for good reason. This world is disconcerting; everything is always having to be redone. The role of our dear Kamlesh will not be easy. Time has multiplied the difficulties, but he will manage to handle the Mission's internal problems within the context of the countries where the Mission is established. Shying away is not the right approach; continuing soberly and effectively is the noblest and most constructive attitude. We support him at all levels. The world was built through effort, through difficulties of all kinds; good and evil have always coexisted. A spectacular advance will occur in the future; we support his action for good reason. He was not chosen in vain. Again we come back to the fact that these messages are unique. More and more messages will spring up in this world, but they will not come from our source. Humanity is what it is. Many people are fooled by manifestations of the 'beyond', as you call it, though these are not genuine. Nothing is ever simple. Purity of heart is praiseworthy, and we know how to recognise it and make the most of it, as we have been doing here for so many years. May all be carried, and so very blessed.

Fri Oct 15, 1999 – 8:00 a.m You all who have access to these messages, do you realize how lucky you are? You are a little saturated with them, but all that will settle and let an imprint emerge, deep in your hearts, which you do not even suspect. In the future, open minds will delight in them; they will focus much more on the content than on the apparently simple form. They will be able to derive the quintessence from that content. As for yourselves, you will need the benefit of hindsight to realize what you have received. It is about a rather special transmission, which you cannot really assess. The important thing is to benefit from it, even if that creates some constraints for you. We know that your organization functions well, you all take part in this work with your hearts. Always let the heart speak, act, and open up to life in all its forms – you will no longer see it in the same way.

Monday, December 12, 2016 – 10:00 a.m You relay with great faithfulness what your heart receives from our united hearts. You are carried by such a love that it obliges us to be faithful to this ritual. Sahaj Marg, in its essence, is a divine gift; the Masters of this Mission have succeeded one another, and each has contributed a personal touch to it, bringing it to the level where it is today. Its expansion in the world will continue, and this by divine will, that sees and foresees what is good for human beings and, in particular, the blossoming of their souls. This long journey through time leads to reflection and commitment to one's profound aspiration to unite with the Divine. Here lies the goal of each incarnation, in order to achieve excellence therein. It can sometimes take quite a while to bring a human being to this level. Nothing is in vain; every experience is useful and sometimes proves to be more important than it seems. Divine laws guard their mysteries well; they act for the general good and the orchestration necessary for a grand action concerning human evolution. This evolution goes through stages that are difficult and trying for a human being, who must submit to its action. Great and beautiful souls who work among us have gone through severe ordeals and now benefit from an acquired wisdom that is decisive in their access to higher planes. An open heart attracts our favours and constant attention. Very special blessings to all.

Monday, November 15, 1999 – 8:00 a.m.

The events occurring in your lives are the milestones that mark your path. In themselves they are not important; it is the way you all react that shapes your spiritual personality. A challenge successfully overcome and accepted is very formative. Do not worry about all that can happen to you; live in the present and above all in a state of surrender – we will never say it enough. You cannot change anything regarding your destiny, that of your country or the Earth. You are confronted with an equation that you cannot resolve. The fate of humanity is not in your hands. You can direct the details of your lives, but in broad terms, you are often power- less to control the events that take place. For the essential, surrender to the Divine, to your Master, to your Masters. Is it not reassuring for you to know that, even if you are alone in the world, you are not ignored and forgotten? The force of destiny manifests itself to you sometimes in all its power and leaves you dumbfounded. Be ready at all times to accept what you deemed unacceptable. Trust blindly in the Almighty; that will be your greatest strength.

Saturday, September 25, 1999 – 8:00 a.m.

Your friend is right, you are our 'brave soldier'. Life is a long struggle, with certain times calmer than others, but it remains nevertheless a kind of battle. Victories won over oneself, and over circumstances one is presented with, are gratifying. You can all go through moments of lassitude and discouragement and thus lose your footing temporarily, but with the help of faith and courage, you regain your equilibrium. In those moments when grace touches you, you recover your strength and set out again, realizing that your burden has become lighter. Sometimes it is necessary to hit bottom in order to climb back up again with more strength and determination. We follow you all and help you in all your states of mind. We are not indifferent to any aspects of your lives. You have given us your trust; we are happy to count you among our associates. You belong to a great spiritual family that will never cease growing over time. May you all be blessed.

Sunday, December 11, 2016 – 10:00 a.m. It is good to see Sahaj Marg spreading in so many countries; the visit of this brother from Morocco has delighted your heart and re-kindled in you beautiful memories of the past. Each of our abhyasis assimilates in their own manner what we provide them through this spiritual path of Sahaj Marg, whose effects are not common. They cannot be detected easily, but they are there, you can be sure. The subtle bodies are both connected to and dissociated from matter; they exist and are transformed according to the profound aspiration of the seeker. Here, in Sahaj Marg, an expansion of consciousness fosters and quenches this thirst for the Divine. It responds to the calls of an ardent soul pursuing this quest for the sacred, the ultimate goal of every human being. Whether conscious of this possibility or not, sooner or later one awakens to this reality and advances in this direction. A time will come when a major change takes place at this level; the future will offer perspectives never before attained, for the whole of humanity. These messages, in their own way, transmit a subtle energy that is undetectable by human beings. The world of matter does not facilitate an expansion of consciousness; only a deep, personal and persistent call can transform a life and bring it to the highest level of its realisation. Sahaj Marg contributes to this; faith in our action and love can accomplish what is humanly unimaginable. Special blessings to all.

Saturday, November 26, 2016 – 10:00 a.m. The laws that govern your world and our worlds differ totally; in each one of these, all has been intended and planned for a long time, without anyone being able to change anything, and it is well this way for the general equilibrium. Human beings cannot understand everything, how could they? They are subjected to divine laws, whether they like it or not. Sahaj Marg is tracing its path under the attentive eye of that power and under the eye of the Masters gathered here, very specially. We make sure to help our dear great son Kamlesh; although nothing is easy for him, he is following a path that is promising in every respect. He is quite rightly the Chosen of our hearts for this Sahaj Marg Mission which over time will leave a substantial mark, you can be sure. Each of our brother and sister abhyasis participates in this great and unifying movement, unique among its kind. Only time reveals the intentions, the profound reasons, for an action like this one, capable of generating results beyond what is currently imaginable. The history of this world is not without examples of this kind, where a path – simple and discreet at the outset – has managed to cover the world, and that for good reasons. May the best be accomplished and help a great many hearts open up to the higher reality. All are supported and blessed, very specially.

Saturday, November 20, 1999 – 10:00 a.m. If we encourage you to express what you feel during these mystical states you happen to experience during our contacts, it is partly for your own good and so that you can manage to overcome this reserve – sometimes taken for coldness and even arrogance – and partly it is to show what such surges of love can generate. You all need to let them grow within you and amplify to the extent that you become completely imbued with them. All the fibres of your body must be able to vibrate in unison and make you taste this subtle and unique joy. Since you all want us to speak about Love, we will not hold back – it is the very essence of a spiritual life. Without it, what would become of you? Who would you be? Beings functioning only with the intellect, with a domineering mind and a powerful ego, some sort of human robots moving in their everyday lives with no joy, no real purpose apart from materiality. Love embellishes everything, magnifies everything. It is the supreme engine, which 'uplifts' you; isn't this the purpose of your life?

Thurs, August 15, 2002 – 10:00 a.m. None of the work you are doing for your progress is lost; all is counted and bears its fruit. Your goodwill and your inner attitude encourage us to follow you closely in your process. We are sensitive to your efforts as well as to your regularity in the spiritual practice. We have set ourselves the goal of helping mankind to come out of their struggle victorious, to emerge from darkness; everything possible is being done for that. Being in need and calling us are the most important aspects in this business. We cannot force anybody to do what they don't want [to do]. Humans have their free will; it is up to us to provide the opportunities that will be likely to convince them about the importance of their evolution, and that they should not neglect the main thing – spirituality – which can change their life by changing them themselves.

Tuesday, October 11, 2016 – 10:00 a.m You have done and will still do a lot for this path of Sahaj Marg. Love carries you day after day; that is your only motivation – the most beautiful and noble of all. Many of our abhyasis are thus invested, and in their own way they support this Mission in all its manifestations. How inspired and highly blessed are all these brothers and sisters who lovingly devote precious time to the needs of this most beautiful path where the heart is essential in many respects. This organ reveals the divine power that, in its own manner, dwells within this sacred point that is decisive in the evolution of each person. This point hides its mystery well. One day it will reveal itself to humans and it will greatly amaze by its many possibilities that lie beyond current knowledge. This blessing is given to our path for the purpose of an action that is unprecedented in the history of the spiritual world. It is up to each person to take full advantage of such an opportunity, under our blessings.

Sunday, August 29, 2004 - 10:00 AM Until the end of your life, try to grow within yourself this so rare flower that is love. Give it the entire place; the rest, as you know, is secondary. Dismiss any feelings opposed to it, thus you will leave your physical body merrily, not leaving behind it any regret. Making a success of one's life entails above all, putting oneself in harmony with divine powers. Social success and even honours are acceptable only on this condition. What would be the sense of this 'success,' if it had to infringe upon the laws governing the world of men? So many of those who illustrated it, in one way or the other, have mostly failed anyway. In these specific cases, pride is the worst obstacle possible; man being drawn into evils including believing he is superior. This superiority is so illusory: some of our brothers are taken in, considering an honorary position with envy and respect. Who is hiding behind the appearances of the human being concerned? Which invisible treasure does he possess? Is he different from his fellow men by a definite elevation? That is the real question, but undoubtedly, it cannot be answered: God only is knowing the secret of the hearts. Our brothers should avoid this kind of mistake. Each human being is respectable, insofar as he respects the others, as well as respecting human and divine laws. Loving one's fellow creature entails understanding the importance of the latter, without letting oneself be taken in by misleading appearances. Who is hiding behind the role to be played by each one here below? Nobody knows and it is well like that; God is great, His laws are rigorous and right.

Sunday, August 22, 2004 - 10:00 AM What would you have been without love? Can you imagine life without that dimension? Would you pluck up the courage and strength to do this work every day while your body is craving for rest? All the magic of divine love lies there; it operates in the hearts being offered to it. We experienced the effects of it when we were incarnate in this world where we went through all possible states before leaving it. Difficult moments allow man to look further into his true nature and to see what he is capable of. Easiness cannot facilitate such assessments. The dimension given by love to the seemingly simplest life is important; it widens its spiritual horizons. Whatever the social position or the standard of living, nothing can give to the being, in its most subtle nature, the desirable balance and harmony for its blossoming. This fact is not new; a human being keeps his prerogatives since he has been moving from life to life, in view of a rise leading it to the goal. Without this underlying power, nothing would happen on Earth; humans would have been doomed to inertia. In the current karma of this planet, no regression is envisaged; quite to the contrary, we are sufficiently putting the emphasis in these messages on its future, completely contrary to that. The wheel of life always swings around. In the entire creation, nothing escapes divine laws. From the infinitely great to the infinitely small, all is subjected to them. Uniting with God is the supreme goal, the purpose for which we are striving in this world and elsewhere. So it is: the celestial mechanics work perfectly and we are the elements of it that are operating in its service.

Wednesday, May 24, 2000 – 10:00 a.m I am here, I do not abandon you. It is a difficult period, but you will recover your balance and we'll be able to resume our progress together. Your heart is intact, troubles no longer affect it. Trust us, all is not finished, far from it. As soon as you feel better, we'll pick up where we left off in our work and you will once again be able to conjugate the verb 'to love'. Rest assured, I didn't drain you of energy. Be blessed.

Tues, Feb 28, 2017 - 10:00 a.m. Love, this energy so rare, is being invoked here to express that which is worth spreading in this moment of connection between our hearts. This long journey of messages has generated the best – it is good to recall this, and to emphasise again the importance of these contacts which help bring about an uncommon awakening in all abhyasis. Everything happens so slowly in this world; the awakening of souls cannot go beyond what is planned by the higher powers. They are preparing in their own way a global expansion of spirituality that will mark this world forever. Commitment and perseverance will allow for unprecedented progress. Special blessings to all.

Monday, July 19, 2004 - 10:00 AM We have already come a long way together, my daughter. Take the time to look back and to see the crop we will leave behind, with these thousands of messages accumulated to help our brothers. Their tone is informal and they are innovative in some respects, in terms of the arguments we bring forward therein. We had to; times are changing and ideas are progressing. Here, in these writings, the heart is targeted above all; isn't it given all our care and attention? Simplicity is essential in a spiritual way. Useless aspects are excluded, as they are hindrances in a well-targeted quest, slowing down the work to be done. All these messages will enrich our way. They will be studied, commented on and appreciated by most of our brothers following in our wake. You can be happy with yourself, for you meet our requirements. Your perseverance in serving us in spite of your difficulties is exemplary; you have done a good job. Your heart has thus grown richer in many respects. Your view of beings and things has changed and is even more focused on the main things. Only the goal matters. Advancing every day while trying to do one's best is a wise attitude. In fact everything is simple; humans generally make their own life unnecessarily complicated. They cannot change its broad outlines and must accept what they cannot avoid. This incarnation is a stop necessary for their evolution; those who know it have already taken a great step forward. If they are following us, they have realized where the real meaning of their life lay and they are working towards their own evolution. The undertakings of each one of them are blessed.

Saturday, March 11, 2017 - 10:00 a.m Receiving these messages carries you far away, more than you can imagine; they permeate your whole being, as is the case for our faithful readers. All that is proposed in this spiritual path has its own importance, its *raison d'être*. Little by little, Sahaj Marg is gaining ground in the world; it is gratifying to note this. Many men and women aspire to rise spiritually, without excessive constraints and away from heavy rituals. The simplicity of our way makes it possible to achieve the best, serenely. The true wealth of the human being is well hidden – how is one to realise such benefits? The heart, this organ so essential in one's life, allocates empty spaces where divine energy takes its place quite naturally. Our brothers and sisters who are committed to this process manage to achieve the best; they do not regret it. This is how it is.

Wednesday, August 11, 2004 - 10:00 AM The same goes for inspiring music as for nice texts capable of uplifting a soul towards divinity, depending on one's inner condition. Yours, at this moment, is particularly sensitive. This listening is a prelude to our contact, leading your heart to it in the best condition. It is good for it to rise towards other spaces where it can perceive with full receptiveness. Be happy to have this refuge and not to neglect it as many human beings do, preferring to devote to base pleasures. Cultivate in yourself this beauty, it is unequalled, you know it. Let yourself be completely conquered and, once again, do not fear to write all this; each one of our brothers can go through this experience. You never listened to this concerto with so much happiness, your heart having offered it in prelude to this contact, we adhere to it, as this dedication makes it all the more precious. This contact is therefore special, since its introduction was made of musical notes. Isn't all that can uplift the soul towards nobler regions nice? Each one according to one's tastes can find the key leading to a complete receptiveness. To begin a meditation with a delighted soul predisposes to the best results. On this day, we will remain in this field, light, ethereal and subtle, surrender to the Divine fostering a better work. Considering sadhana in a good state of mind prepares psychic centres for complete receptiveness. Each one holds the secret, the right key opening his door towards eternity; may they enjoy it fully.

Thursday, April 13, 2000 - 10:00 a.m As you can see, if we try to go into detail on the secrets of the universe, it is tantamount to fiction for you and is not of great interest. Isn't the main thing that we communicate and address topics within the limits of human comprehension? Are your lives on Earth not difficult enough to cope with? One day, you will understand that the great achievements take place in obscurity and that they are not within your reach. To each their own field; it's better not to wander from the programme set for this incarnation. The bee cannot become a butterfly, but its action is critical within the community. See through to the end what the future holds for you, and when the time comes you will, for good, 'take flight'. (V)

Tuesday, April 4, 2017 - 10:00 a.m. This long journey of messages will conclude serenely, after so many heart contacts experienced with happiness on both sides. Many of our brothers and sisters value them, and in reading them, they are nourished by an uncommon energy. Time will grant these messages a prominent place in the history of Sahaj Marg. All the spiritual paths which have influenced the world are based on writings of this kind emanating from the divine source. Such nourishment is necessary for human beings - it has been so since the dawn of time. They assimilate a teaching necessary for their evolution. Sahaj Marg provides the seeker with a lot, much more than is apparent; time will once again highlight its benefits. Minds are changing and benefitting greatly from what is offered to them. May the best be for all our brothers and sisters in this quest for the Divine. Blessings to all.

Saturday, July 31, 2004 - 10:00 AM

The river is flowing, feeding life or destroying it according to what must be. Thus disappear and then reappear the various forms illustrating this world of matter. The divine play is edifying: life is an eternal movement, amplified or controlled as needs arise. Human beings move within the framework of these many manifestations, all of which are educational for them if they actually want to take the trouble to think about the transience of life in its ceaseless changes. What does man represent in this immense set-up specific to the rule of matter? Almost nothing—in fact, just what is required for him to go through a choice experience necessary to his evolution? He generally claims to be important, and when comparing himself with the other species that surround him, he gains self-assurance, creating in himself a sort of domination over the rest of the created world. This feeling of superiority is harmful to him. Does he respect the Creator of all things by acting without discernment and faith in His power? Karmic laws are rigorous, on this point too. Evil generates evil; when will man understand that his 'superiority' is illusory. Managing oneself amongst one's kind is no easy task; the law of life is hard to all. He must assert himself to survive, sometimes at the expense of the others, when he has not grasped the rules of the game very well. May all our brothers respect them and strengthen themselves through a process leading them to promising horizons concerning their personal evolution. May all be blessed and guided consequently.

Thursday, October 7, 2004 - 10:00 AM A world parallel to yours exists, which has been ignored by men, even though many phenomena take place there, without being recognized by them. For that world too, the time has not come when they can be appreciated at their true value. Human beings are advancing blindly, but they do not know it. As far as they are concerned, they have misconceptions of their own reality, as well as what surrounds them. It would be useless to seek to look further into the question: they cannot conceive the truth for the time being. An important page of history concerning humanity will have to be turned so that they can foresee other, more realistic, prospects. May our brothers wonder about the true mystery of life and shape themselves actively, with a view to a beneficial approach to their evolution. These messages will have to be considered by them, initially, as food for thought on the capability offered to some beings to receive what they themselves cannot seize vibrationally. Man of the future will refine himself considerably in his perceptions, which will allow him to develop a more subtle approach to these manifestations currently surpassing him. Denying what he does not understand is a negative attitude going against his own evolution. By trusting us, our aspirants demonstrate a degree of maturity favourable to their spiritual process, which is the focus of all our attention.

Wednesday, April 12, 2000 – 10:00 a.m. (V)

We are changing your vibration. In doing so, a certain number of transformations are taking place in you – slowly, as we have already said, at nature's pace. There is no dramatic effect, no thunderbolt, that does not pertain to the scope of our work. It takes place in the shadows, without your being aware of it. Isn't it the result that matters? The transmutation of matter, which has always intrigued you, is part of the great divine plan. Seeking to go more deeply into this mystery is very commendable; nothing is created, everything is renewed, transforms itself according to the laws of creation. Your own transformation, your evolution, is part of this system. Different vibrations lead to other levels of consciousness where you now have your place. Do not seek to know more about this, be entirely surrendered to the Divine.

Thursday, February 23, 2017 – 10:00 a.m. The world is changing; the Mission is evolving and will restructure itself differently in times to come – our dear son Kamlesh will offer it very productive prospects. It must innovate, while following a thread conducive to its changing course without distancing it from the foundations that established it. Spirituality must assume a prominent place there and pursue this unprecedented trajectory. India will remain, in this, the beacon of the world. Great edifices will be constructed there to bring about a new era, decisive in achieving this objective – aiming to uphold the laws of the past, while at the same time bringing spirituality to its highest point, as long foreseen. Spirituality is to be redefined according to present-day principles; tomorrow we will resume as planned to help define the current parameters.

Tuesday, August 17, 2004 - 10:00 AM You are at the heart of these messages, my child, and your states of soul inspire them as time goes by. You are living in this world and we adjust our remarks to what our aspirants can feel at different moments of their Earthly existence. All of them, inevitably, go through the same range of feelings, which influence them more particularly at some points in time, both through joy and pain. It is precisely this diversity that shapes them and which, depending on their philosophy, can make them grow and progress in wisdom. No one can escape the vagaries of an incarnation; each one of them is important, it puts a being in the best conditions, so that his experience is positive. How will the life be led? Which reminiscences of past lives will interfere with this one and are likely to influence it? Anyway, life is the best school, and until the end it will be providing lessons from which a wise man can benefit. A spiritual process helps to put things into perspective, to try not to repeat the same mistakes, to forgive, to understand in the others what is different, and even shocking in them. Diversity is inherent in this world; it constitutes the major feature of it. All of our brothers illustrate this comment perfectly: although they are all going spiritually in the same direction, they display obvious differences in other respects. This feature is peculiar to humanity. Where would challenge lie if uniformity and simplicity prevailed in this world, as well as peace and harmony! It has not yet reached that stage; working in this direction is our goal, we are applying ourselves to that.

Friday, December 17, 2004 - 10:00 AM

Be more and more open to divine splendour. Widen your horizon up to the frontiers of the possible in this world with a heart open to grace. May these words open doors and be a secret ritual in the face of divinity. Your soul craves for these moments of communion, plunging a being into the area around the inexpressible peace. Life takes on a different meaning when it is built harmoniously in these spaces of higher spirituality. The purpose of all our speech is to bring this obvious fact to our brothers, their process operates in that direction; there lies what is at stake concerning their perseverance. To be united with the Divine results in a fusion of the various subtle bodies vibrating harmoniously and thus accelerating the process of evolution, hence the need for a continual repetition. We will never insist enough on this point: to be able to spare every day periods of time devoted to meditative practice is the best means of attaining that union. These rituals structure the entire spiritual life, and with time they can be carried out with greatest delight. There are no more thrilling moments in life than the moment when a soul opens out in all its splendour. These moments are unique, and they stand out in the entire quest. That quest towards the Absolute cannot be described, as it becomes so intense. May all our brothers experience a similar enthusiasm for surpassing themselves, going beyond useless aspects, towards the Immutable Splendour—sublime destination of any soul— which sooner or later, must inevitably be united to the Divine.

Sunday, November 7, 2004 - 10:00 AM

Protect yourself from negative energies. Interiorize yourself and rejoin us in the heart of silence where you can find your real self. Your profound being has become refined; thousand torments brought it to the feet of Divinity where your Master awaited it. There, a process could start which would change your life, since a role was waiting for you there. Each one has his own role, that's how it is in this world where all is codified, in spite of an apparent anarchy. It is also deceptive, as it is related to phenomena surpassing human understanding. The only reality lies in perfect fusion with the Divine, a power not identified on Earth. May the blessed time come when men will in priority respect the divine laws, and consequently their fellow creatures without exception. All is done to that end, so slowly that the results cannot be seen by the most experienced person; hence the urgent need for trust and surrender on the part of our brothers. Humans are completely overtaken [by events]. Whatever their knowledge, how could they seize intellectually, that which cannot be translated into this vibratory context? Here lies the barrier between the levels of consciousness, appearing and disappearing as easily as an image on a movie screen. A completely alleged knowledge was established on Earth, on which is based the current civilization which is mistaken in every respect. It must go on until the end of its cycle, [in order] to set out again on new bases; that's how it is, everything is programmed.

Sunday, October 3, 1999 - 10:00 a.m.

M: O Babuji, I love you. Love transports me with joy and lifts me up off the ground. To no longer leave this state, to not have any more worries – material or otherwise – is paradise, I suppose?
B: Yes, it is something of the sort, but one doesn't just glide there. Knowing you, you will not wish to remain inactive. You will be able to catch up in the way you're so eager to. Even if you're not satisfied with this kind of activity, need I tell you again that you're very useful, here in this world? You are, among other things, our messenger. This role is not sufficient for you, we know it, but please realize how much you help. Even my son will benefit from it. All we can say on this subject, you already know. We know how hard it is for you to stay cooped up in this apartment and to be dependent on others. This woman whom you find so painful to put up with, you help her too. Her stay at your place was necessary, so look at it that way. You know well that everything has its *raison d'être*. The beings who orbit around you receive, one way or another, according to their need. Therefore, my child, a little more patience. Remember my family situation and how much I had to endure. With hindsight, it was excellent for me and for her as well. These are the mysteries of life that we do not easily understand, but that's how it is; it's always our own good that is at issue.

Sunday, December 26, 2004 - 10:00 AM

From time immemorial, the truth was revealed to men rather parsimoniously. The prophets did so according to the time and the prevailing usages. Their teachings were not really understood, and were even particularly distorted, interpreted according to the prevailing spirit, making it lose its essence. As was said by a Great Son of God, 'Do not cast your pearls before swine'—make of it what you will. Each one receives according to one's evolution, and the state of his heart. The teaching is given for all, in that spirit, and history will keep repeating itself until the end of time. In this world, there cannot be uniformity on that aspect; humanity is only as one, but it comprises an infinite variety of individuals, in the same way as creation is multi-faceted. Was the teaching provided in our way really understood until now? Our brothers who like reading approach it intellectually, but to what extent does it touch the hearts esoterically? The new era, so often mentioned and mysterious for men, will bring a kind of levelling of knowledge, insofar as an adjustment can be made in that matter. These writings themselves will be interpreted in so many ways, analyzed, and even criticized, as man tends to do. They may also in the future have unanimous support. Man must grow; it is in the nature of things. He does not remain a child throughout his life. Humanity as a whole must also grow in wisdom and understanding of the divine laws, which hitherto have been completely beyond his reach. Let us all continue to work in that direction: the liberation of souls moving towards a higher destiny, having found the source of divine life in all its splendour.

Wednesday, November 10, 2004 - 10:00 AM

We have come a long way together, marked by an impressive number of messages, intended for our aspirants of the present and even more for those of future times when this form of communication will no longer be seen as surprising. The spirits are opening slowly, but they are preparing for receiving the fruit of knowledge, that which does not belong to this world. It will illuminate the heart of our brothers and all the beings populating this Earth, when it has reached a higher level of consciousness. The appeal of the souls justifies an unprecedented change, like the one mentioned throughout these messages. Opposites do not clash in vain; they generate a force of attraction capable of modifying the structures of a mad world. It is necessary to go further towards the excesses, for a reversal of situation to occur. The slowness of the vibratory movement of this planet contributes to maintaining this civilization in the miasmas characterizing it. All must change, it is in the nature of things, and it is a question of time, especially when it is about an action of that scale aiming at modifying all the manifestations of life. A revived world where will live responsible human beings, respecting all the forms of life, however small they may be and moreover, entirely focused on the essentials, can be now considered to be a dream that cannot come true. We said it often enough. To God, nothing is impossible. All these remarks are not unfounded; it would be good for our brothers to prepare themselves with a positive attitude.

Sunday, July 25, 1999 - 8:00 a.m. As long as there will be human beings on Earth, we will have inspirational topics. As concerns us, have no fear. We still have things to say, as long as you will be able to write them down. We often speak in a vacuum, but it happens that certain formulas strike people's minds, hence the necessary repetition of the words and the subjects treated differently to draw one's attention. What do these messages amount to? We cannot reveal to you the secrets of the universe. We cannot give you 'scoops' which you, Earthlings, are so fond of. Therefore, it is necessary to confine oneself to what occurs here, inside you and around you. Your reactions towards others, the big issue is there: the human relation, the frictions it generates and the incomprehension it creates. 'The nest of vipers' lies at this level. Even among 'advanced' beings, conflicts of cohabitation and communication exist. Humans struggle between their gregarious instinct and their frenzied individualism. If they happen to endure their fellow human beings, they cannot help, from time to time - like cats that give their neighbour a good swat - criticizing them, and even slandering them. We are here in a normal human context, shall we say. We will avoid dwelling on the atrocities committed in the name of freedom, order and other reasons. There, we move from comedy to tragedy. If you had, like us, an overall picture of these horrors, you would not instantly be able to get over it. The horror films, in which some of you delight, are the reflection of reality. This Earth is a breeding ground where the best and the worst are side by side. Thank God for being on the good side, for the moment.

Monday, March 6, 2000 - 8:30 a.m.

M: O Master, it feels good to finally be able to let one's heart express itself freely.

SE: Our love is very old and profound. We had to surmount many an obstacle and refine ourselves spiritually for it to become pure as crystal. To get rid of all this dross, our path has been long and painful. We are happy to see you progressing and advancing step by step towards a luminous world where the Beloved is awaiting us, each at our respective time. He has done wonders for you, who is dear to him. He follows you with such tenderness! Your soul has suffered greatly and it has been yearning for a long time to regain the Eden where are its loves of yesteryear. Let us continue on our way; and love me, you know that makes Him happy.

Saturday, June 26, 1999 - 10:00 a.m There are, on Earth, points of light that are not visible to the 'naked eye', as you say. They are important, they play their role and are necessary for a certain balance; even if you do not see them, they exist. These are luminous lines that mark out our path among humans. How can we draw comparisons? On your road networks there are traffic signs, more or less luminous depending on the level of risk involved. Without them, what chaos would be on your motorways. This is not really related, it simply allows you all to imagine according to your own view of the spiritual world. Don't start racking your brain again, you are too tired. Let your circle work a bit. That's all.

Friday, November 18, 2016 – 10:00 a.m. Difficult, and at the same time so simple, is a life, when one is willing to see the bright side of things. It is not a long, tranquil river, as it is said elsewhere. The trials of each one are decisive for the progress of all. Such is the very principle of life. An incarnation represents a page of a long history; from one life to the next, Karma asserts itself and governs the smallest details of each incarnation. The goal to be reached lies within, in the heart of silence where sacred vows are forged for the continuation of this very special journey. The culmination of all this is no small matter; each person carries inside them a sacred space that eludes knowledge, in the broadest sense of the term. Human nature is much more complex than it seems. Beyond the physical body exist other vibratory spaces not yet recognised by science, which in the current era confines itself to matter, quite simply. A real spiritual advance will take place with the discovery of these different bodies that complement the attributes of the visible body, for every human being. Every-thing happens very slowly on this planet Earth, which will one day reveal many great surprises about the reality of creation in its entirety. The human being is so small in the face of it; they do their best, and this will one day lead the world to true knowledge about the whole of creation. So it is.

Sunday, August 18, 2002 - 10:00 a.m Pray for hope, for love to reign in this world and for souls to be thirsting for the Divine. Take them along in your wake, while thinking that the divinity resides in you, and that, through you, it attracts them in your wake. Lead your combat in the service of His greatness; each one can have their own combat if they surrender to His will and serve it in whatever manner. There are many possibilities; they abound, and choices are straightforward, depending on their abilities. Make sure that your life has a profound meaning; let yourself be guided by the inner Master, this attentive and patient presence that awaits your goodwill to guide your steps, and to ensure that your life is enlight-ening and becomes exemplary. Advance in this state of mind, by interiorising yourself more and more, and by offering your heart to allow him to better help you. Be surrendered and confident. Let him act in you, for your greatest good

Tuesday, December 28, 1999 - 8:00 a.m Ignorance and intolerance are the two plagues of humanity; they cause so many tragedies! If you look well around you and you analyse the situation, you will realise the evils which they generate. Peoples are exterminated; men are imprisoned, tortured. So has it always been, but the means being employed are more and more powerful and destructive. Nothing stops this madness; incomprehension and hatred are manifested at all levels of human society. Will the divine ire manifest itself with all its might to stop the madness of men? This is to be feared. The escalation is not only endless and worrying for the balance of the planet, but also for the larger system of which it is an integral part. You, who are wise, pray for men to regain their senses and for this madness which poisons the world to stop.

Tuesday, June 8, 1999 – 8:00 a.m You thought we would not get beyond the first notebook, that everything had been said. Yet, we have developed a certain number of ideas in the second one. The truth is very simple, do not forget it, but it takes so many words, pictorial explanations to fire up your neurons. Your heart needs emotions, your mind needs formulas that strike it, it is necessary to keep coming back to the same points indefinitely. Your small group, which is nourished by these messages, is evolving quickly. Interesting signs can be observed in each one. You are assimilating all this rather finely, we are satisfied with your reactions. They show that, on fertile soil, most of the seeds sown produce a good harvest. In a way, you're our guinea pigs, since you are the first to benefit from them. We observe you all, and are happy with your reactions. Each one of you assimilates according to your inner nature. Seeing what you are manifesting, and the result observed in your conditions, we will continue for some time. It will be a review, a reminder of what we consider essential for your spiritual development. Unlike some of your brothers and sisters, you don't have the opportunity to be with my son often. Don't think you are forgotten. I met my venerated Master only a very few times. Distances are nothing to us. You are all part of a large body, irrigated by the same blood; distance does not change any thing. The work is done where and when it must be done. Never have feelings of frustration, it is negative and useless. You all bathe in the same subtle energy, no cell of this great body is left out. The least of its small cells is as dear to our heart as the organs that are said to be important. You all are important. All together you are advancing under our tender gaze.

Monday, August 6, 2012 – 10:00 a.m.

Many opportunities are dawning for the Mission. The time will come when humans will understand the absolute necessity of advancing spiritually in this lifetime. The saying goes that lost time cannot be made up for, and this is right to some extent. Regarding spirituality, the rules are beyond human standards. So many wonders are performed when a surge of the heart occurs that is out of the ordinary. The divine laws are incomparable; they are in no way similar to human laws. The heart is the seat of all mysteries. Do humans really know its resources, its many capabilities on subtle levels that are beyond any scientific approach? Not many people have an inkling of or really know what this vital organ is. It is endowed with extensive powers that defy the rules established in this world. The centre of power of spiritual life lies in this vibrational sphere undetectable to humans. It is and will remain the magisterial centre point linking a being to the subtle realm, to what is essential beyond one's incarnation. It is a mystery to human beings and will remain so for a very long time. God's ways are unfathomable; no machine, however exorbitantly expensive, can ever challenge them by trying to understand them. It is up to each person to do their best with their own understanding of things. This is how it goes.

Friday, November 4, 2016 – 10:00 a.m. Let yourself be carried away by this power that manifests here with such subtlety. These messages are the fruit of an extraordinary love; it comes from the depths of the ages and will manifest itself again in the future, for the good of this suffering humanity. Humankind must prepare itself to pass a turning point.... We are working in this direction, without being able to give real explanations, which could not be understood in the present era. A huge step must be taken in this direction, so that minds open to the higher reality. This reality escapes human awareness; the time has not yet come when all these phenomena that are ignored today will be able to surface in consciousness and produce an unprecedented evolution. Everything will fall into place when deemed appropriate by this power that guides the world without its knowledge. Human beings believe themselves to be all-powerful; they are the manifestation of this force, in all its aspects. "All is nothing, God is everything." Everything begins and every-thing ends, willed and orchestrated by this indefinable power in the current era. Will it be one day – an unprecedented evolution will have to take place to really bring planet Earth to an acceptable level of evolution. All of us here are working on this major undertaking, so that human beings fully reveal themselves to the divine consciousness, with our special Blessings.

Monday, November 29, 1999 – 8:00 a.m.

My dear daughter, these last days have been full of contacts for you. We have somewhat imposed on you and we will slow down. We know that by yourself you will never slow down. Your mission – let us call it like that even if such is not how you consider it – has its importance, you can believe us. We will not predict anything regarding the future of these messages. They will find their place, their own life, among the writings of Sahaj Marg. They will help some souls to see things more clearly, to better understand their personality and better understand themselves. Our candidates are following a path that is not easy when one is really committed. We are very confident; a great impulse is given to the Mission. Our teachings and our work are bearing fruit. The method is suited to modern times and can satisfy a great number of hearts fond of the Absolute. They will not be disappointed. We promise only what we can give them. Our Earthly family is expanding beyond our hopes. At the beginning, some disciples of Revered Lalaji carried their fruits worldwide for the glory of the Almighty. "Be blessed to hold this torch which is nowhere near dying out."

Monday, May 17, 1999 – 10:00 a.m. Don't be too alarmed by these remarks, everything in its own time. In the face of all the prophecies being made, it is our duty to warn you all and not frighten you. Certain catastrophes are possible, they will perhaps be avoided. Try to remain calm and follow your path normally, each day. Which human can change the course of things when a fire of this magnitude is lit? Only faith and hope in God must guide your life, whatever the events may be. Be surrendered to divine Providence.

Tuesday, May 7, 2002 - 10:00 a.m

Direct your thoughts towards the beautiful; don't drag them down through the mud. Focus on your priorities; overcome the turmoil surrounding you. What would be the purpose of your being dragged through the wave of pervading animosity? No good can come of it. People are getting very heated, full of hatred; they let their bad inclinations be heightened. You should withdraw into your tent, far from the rumours of the city; in this respect, there is a sunny side to your confinement. Go beyond topical aspects; what will remain of them in a few years? You are at quite an advanced stage on your life path, therefore, my daughter, pray for peace in the world; call it in your heart, tirelessly. Think of the greatness of the universe, gain in stature and see the Earth as an anthill, bustling, unreasonably. Men have not reached the age of wisdom; they hate one another, they fight and kill one another shamelessly. Try to escape this vicious cycle. Dissociate yourself from this degradation. You have the relevant means; you should know how to make the most of it and make sure you behave as brothers, united in the same spirit and the same aim, far from human lowness.

Saturday, October 16, 1999 - 9:30 a.m

When will you stop being afraid to let your feelings show. Let go on this aspect once and for all. Why delete your comments of October 13th? That's how you humans are; you lock yourselves up in the unspoken, the unexpressed. If you attentively reread my auto- biography (your favourite book), you will see that in certain circumstances, both in correspondence and in contacts with my beloved Master – at that time from Master to disciple – it sometimes happened to me to pour my heart out. Don't feel embarrassed, my child, you have the opportunity to give to those who will read your words an example of simplicity in your way of expressing what you feel towards me. Who can criticize you? Those, precisely, whose hearts are not sufficiently open, and who still have a long way to go in that sense. So, please, don't touch anything, remain in a state of humility with regard to that. Don't be afraid to expose yourself; you say it quite often – only our judgement counts. What do you care about human reactions, you should be beyond all that. It is the others who have yet to divest themselves of a jumble of social conventions, of rules enacted by people who themselves do not hesitate to do evil in word, in thought and in every way – what beautiful results! You are not harming anyone, including yourself, on any account. I hope that in the future, you will let the floodgates of your heart open up, without any restraint of that kind. Be blessed, my daughter.

Wednesday, February 27, 2002 - 10:00 a.m.

You can see that the calls of your heart were not futile. The Masters who influenced your path before you arrived in our way continue to follow you and to talk to you. They are, all of them in their own way, luminous beings full of love. Entirely dedicated to the Divine Cause, they work for the good of created worlds. They left their mark in you – you have made progress under their attentive eyes – to lead you towards the way that was reserved for you in this lifetime. The road was long before arriving at this result. You have grown in many respects. Your heart had found its way a long time ago; only love was defining it and gave it the necessary signs which you could see to convince yourself and make you move on. Thank unceasingly for all that was given to you on this blessed way. You considered yourself as small, surrendered to God; the angels guided you towards us. The heart of a child is moving. You also, you should try to keep the heart of a child throughout your lifetime, and you should love without condition and unrestrainedly – there is the secret.

Monday, July 29, 2002 - 10:00 a.m. Yes, we have already expressed ourselves very much by coming back, time and again, to the same topics. Have you assimilated well what we said, and have you put it into practice? It does not seem so. The best- intentioned man cannot change so easily. Awareness is an important step; the implementation of a new way of life is a different one. Each one of our remarks included in these many repetitions, ends up achieving its objective, very slowly but effectively. It is not easy to take a good look at oneself and to mend one's ways. By so doing, it is for yourself that you are working. By soliciting your attention, we only intend to help you. We do not ask anything for us, only listening a little: a state of receptiveness likely to develop the openness of the heart – central point of the being and core of the subtle and divine energy, seat of the soul. This work, well understood, bears its fruit. You don't objectively harvest it, but it transforms you without your knowledge, and for your greater good. These writings are at your disposal and according to your needs. There may well be some of them that will help you.

Tuesday, July 30, 2002 - 10:00 a.m You know the way of silence and selflessness. In this no man's land, noises and the many ill effects of this world don't manage to spoil the pervading serenity. Why don't you come to it more often, and why do you let yourself be nervously threatened? This sanctuary is within your reach. Take refuge in its silence and its unique vibration. Doesn't it transport you to another bank, out of reach of what disturbs you? You are not the only one to act in this way; this secret and blessed space is accessible to all conscientious seekers, but the majority of them do not take advantage of it as they should. How should it be said to you? You dream of long-haul voyages, of discoveries, of sensations that would leave a sense of emptiness in your heart of hearts, even if they were to be fulfilled. They are not incompatible with your spiritual process, but it is within you that the preparation of your most beautiful voyage takes place, slowly, with the passing days, and according to the time you actually wish to devote to it. In this place you can breathe in sweet perfumes that waft through space, in this heart surrendered and touched by grace. How can you neglect it? It can give you everything. That which you are longing for is in its secret drawers, which you do not take the trouble to explore. Be more vigilant and receptive to what we have just said; you will not regret it.

Friday, June 18, 1999 - 10:00 a.m. Don't focus on the number of abhyasis; have I not told you all before, that Sahaj Marg will have to be purged one day? Have no fear of that. The number of our associates in the world is increasing. Those who are not motivated drop off, which is preferable for them and for us. Those who really want to move ahead - and there are many of them - do not have to linger over the statistics of this or that group. It is the personal condition of each one that matters, and the benefits they derive from it. This movement is inevitable and necessary, it is in the nature of things; humans are naturally changing. You who persevere, who advance, for our greater joy, we see your efforts and we help you in your approach. We are beside you all in trying moments. We inspire you. You may not necessarily perceive it, but we are there. The road seems long when the goal to be reached is far off. Do not see it this way; you have a Master who leads you towards the ultimate point, and you will get there. Be confident and surrendered to his love.

Friday, December 28, 2001 - 8:00 a.m Nuclear power will ruin the world. This badly controlled power is demonic. One day, man will be overwhelmed by its power. Upheavals that will change the world will have their origin in it. It has much wider implications than you could imagine and which contributed to destabilising the balance of this planet. In this matter also, man plays with fire, without actually being aware of the detrimental consequences for humanity. A natural energy will replace all that is currently used and which are harmful to man. Human knowledge does not allow its use for the time being. These secrets will be revealed to men of goodwill, who will looking an inspired scientific research. That energy will be non-polluting and not very expensive. Those with money power will not be content with it; only the absolute necessity for the survival of the world will prevail. This time is not going to happen tomorrow. The Earth will go through great changes before getting into that. These prophecies don not concern you. You are undergoing the damaging effects of this insidious pollution, which will lead the world to collapsing, but you can neither stop time nor modify the system in place. Then protect yourself as well as possible from these harmful effects and pray for your brothers of the future.

Friday, December 29, 2001 - 10.00am The Atlantis civilisation was very advance, much more than yours. When it was engulfed, vast expenses of land were dislocated to become continents, as you currently know them. This planet underwent very many upheavals before getting into its current configuration. Some more upheavals will take place: it is inevitable. That is the part of the great movement, which governs the structure of the universe, and in addition to which (as far as the Earth is concerned) there is incredible contempt with which men having a destructive instinct treat elements that make it up. They are not unaware of the serious danger in which they put humanity, but they continue to move forward in that race for power, primarily their own power subordinated to money power. Others devote their intelligence and action to their brothers, and thus, the balance of values tentatively take place. We let you think about that issue in this end of the year when the prospects for peace, in certain parts of the world don't look exactly cheerful. As for you, cultivate in your hearts, this powerful strength that is love, to counterbalance the forces of evil.

Sunday, March 11, 2001 - 8.00am

You must not be afraid of writing what we dictate to you. A world new and totally different from what you are presently living in will exist in the future centuries. Establish a parallel between what life was in the eighteenth century and what it is nowadays. Would the most advanced people of those times have imagined what exists now in every field? You consider everything as normal and take it definitely for granted. Similarly, the way to go within the next two centuries will be even more amazing. Therefore, you must note down, without absolutely any reservation, even if you do not understand. A new world is in the offing. You cannot imagine it. It is beyond your comprehension. Your current civilisation is built on a few principles that will no longer prevail in the future. Electricity, oil and its by-products, which are used in the present system, will be considered as antiques or simply forgotten. A complete revolution will have occurred at every level. If a vestige of your civilisation had to remain, it might be studied with curiosity. That is the way it is since the beginning of time. Each thing evolves and is renewed. Men end up going to the most glaring extremes; that must therefore be remedied. Everything changes and is transformed, it is in the nature of things.

Thursday, March 7, 2002 - 8:00 a.m.

Can you feel how, in these short moments, your physical body has become the vassal of this spiritual heart that rises up in its wake? Time seems abolished, it does not matter any more; the osmosis is perfect and all its particles vibrate in infinite love. This unique vibration transcends everything and touches, with its grace, the hearts that are calling it with fervour. Enjoy these moments, my daughter. These moments are fleeting, but they leave traces; the soul keeps their flavour and remains delighted. Starting off one's day by being united with the Divine, is it not adorning it with light and beauty? After such a contact, can the heart let itself go into hating or slandering and judging? It must be better equipped to make it face up to things and not let itself be overcome by bad advisers, i.e., thoughts, which need to be closely watched. They are insidious; sometimes they gain ground, lamentably, by surprise or from force of habit. You should all pay attention to that. You'd better track them down, without any regret; they do not bring about any happy solutions. Weeds must be removed all the time; they are tough but not indestructible.

Tuesday, March 6, 2001 - 10.00am

My dear daughter, let us focus on what is feasible. The current system is working rather well except for few delays due to the congestion of the telephone lines. We must appreciate the easiness we have arrived at. The working team is efficient. If we consider the present capabilities of information technology, why couldn't we also have our own means of communication? In centuries to come, scepticism on that point will not exist any more as this means will be widely used on the Earth. Mankind will make great progress in knowledge, and in the perception of vibratory waves surround this planet. It will be less populated than it is not. Another race of individuals will live in these places, beings more advanced and receptive to the reality of the 'beyond.' This planet will be used as a relay station among the sidereal and planetary spaces. A leading-edge technology, not destructive for mankind, will facilitate that service. Telepathy and the many resources of the brain will be very much for everyone's good. That is something reassuring, which raises hopes for the descendants of today's men who are moving forward in this world of darkness and despair.

Tuesday, April 6, 1999 - 5:00 p.m.

Your heart can become the heart of the world. A thousand suns and a thousand planets can inhabit it. Each one of your particles is a latent world. Everything is in everything. The whole creation is but a breath of the Divine. Who are you as thinking and acting entities? Always consider yourselves as being as small as an atom in the hand of God.

Thursday, December 10, 1998 It is very hard to advance; yet we are proceeding gently with you? All the tests you underwent in your life have weakened you much. Now that your understanding is widening; you understand that religions allowed domineering beings to control humanity.

Wednesday, March 4, 2001 - 10.00am.

My dear daughter, Concerning these prophecies, you must write what we dictate without having any qualms. You cannot check the sound-ness of what we are telling you. Some of our comments confirm assertions you read from other sources, which themselves include some of ours; the best inspired ones being written by mediums having access to well- informed sources. Great upheavals occurred on this planet time and time again. They made life evolve in its various forms. Terrifying species inhabited the planet that screen- writers of science fiction movies cannot even imagine. The humanoid kingdom is rather recent; it was not about spontaneous generations, but it was experimentally generated by superior beings, and had evolved with time. Present researchers, whose eyes are riveted on test tubes, would be astounded if they discovered the true reality of mankind. There is not question here of an upper race, as they believe. This sub-race tries to work its way up to the upper level with God's help. There is every hope of success; there is a lot to do, all kinds of committed persons have devoted them-selves to it. Eden will not happen in a hurry, but a high level embryonic consciousness is germinating and growing in this world, so as to reach a possible full blossoming in a very distant future.

Sunday, November 14, 1999 - 10:00 a.m

M: Forgive me, Babuji, for not being as perfect as I would like to be. I still have a long way to go to be worthy of your love. B: Fortunately for you, our measures are not as you believe them to be. You have character and willpower, and you face up to things, where many would have given up; therefore, please move on to other things and smile at life. You know what we expect of you: that you should remain valiant and that our contacts should continue for a long time yet. We still have to finish this collection, and you would like to cut yourself off from everything and everyone! Do you believe this is what your entourage wishes? We know that you aspire to a certain form of retreat, but would you be able to live in great isolation? Your contacts with us and with all the beings that gravitate around you are essential to your functioning. You are not a solitary person; you need to communicate with your fellows, and even if you are very weary – believe us – it is necessary to remain in the flow of life. Isolation is not necessarily a solution to lassitude. Regain courage; we are close to you and we surround you as much as possible.

Tuesday, May 4, 1999 - 8:00 a.m. Interiorize yourself, my child, develop a certain ability to isolate yourself, to remove yourself from the world. Do this as often as you can, even if only for a few moments. You will thus get into the habit of feeling connected to us, in all circumstances. Things will affect you less. You will have a kind of armour, light and effective, almost permanent. Practice doing this; you too will be able to protect yourself from external aggressions. They take many forms in this world, some of which are insidious and affect you profoundly. Withdraw, whenever necessary, into this safe camp. With a certain amount of training, you will no longer let yourself be affected by words or external events. We insist on this point, for your benefit. Now, after the centenary, you must get back into your routine. Try to keep the same enthusiasm and the same ardour for the sadhana. Let every day be a celebration for you, that is to say an active quest for the Absolute, toward total union with the Divine.

Sunday, May 2, 1999 - 10:00 a.m.

M: Thank you, beloved Masters, for what you do for us and for humanity.

B: What we do is the labour of the 'Great Work'. We became incarnate for that. We do not work for ourselves, but for the glory of the Almighty. We are caught up in this great project, in this force which lifts us and literally transports us. That cannot be described. It is thrilling to realize on Earth what is expected of us. This power in us gives us wings. To serve, serve unceasingly, such is our *raison d'être*. We are caught up in this gear-like movement and we let ourselves be carried along, grateful for having been chosen. Can one have a more beautiful destiny? A lifetime is short, one should not waste time. This is why I often tell you all, live each day, each moment, as if it were the most important of your life. You will never be able either to go back to it or to rectify anything, except to see your mistakes and correct yourselves accordingly. Try to do more and better. You will let yourselves be taken up in this game and it will bear its fruit. I do not promise you an easy life, free of tests and sufferings of any sort, but simply a rewarding life in which you will be able to rejoice; this is already a lot. Meditate on this.

Friday, November 12, 1999 – 8:00 a.m One should not be a mere victim of progress; you must all make an effort and adapt yourselves to modern technology in areas where it can simplify your life, such as the fax machine that you are delighted to have. In the future, you will have to keep up with the acceleration of change in all areas, especially in communication. All these means greatly help my son to keep in touch with the various corners of the world where Sahaj Marg is established. People today have more and more spare time; do they always use it advisedly? Many invest themselves in defending humanitarian causes; famous personalities make use of their reputation to serve the same. How many others do it behind the scenes to help their neighbours in different areas; there is so much to do. It is very commendable to invest oneself in the field or in any other way. There will come a time when solidarity will have to play out to the full. Humanity's most beautiful destiny would be to see effective mutual aid between people, at all levels. Such is our hope and wish at the end of this millennium, so that fraternity is no longer an empty word.

Sunday, December 20, 1998 – 10:30 a.m.

I too have suffered much, struggled much, and I went to the end of my strength to serve my Master. Heroism is not only in brilliant deeds, it is in the daily actions that sometimes require very great efforts from us. To serve the Master with all one's heart is the most beautiful thing we can do. Always remember this. Know that each small victory over oneself is beautiful when one can offer it to him whom one loves. May your life be constantly punctuated with these 'little nothings' that make it a fulfilled one. We know how difficult it is sometimes to face up to things. Your fighter temperament helps you a great deal, as well as faith and love that carry you and will carry you until the end. Each abhyasi is a particle of a larger body that is going in the right direction; be happy to be part of it. My son is about to enter a crucial year; his capabilities are at the highest level. He is achieving a gigantic work for humanity. He is the vector of a very powerful cosmic charge. We are happy to see him achieving his mission so well. We support him in his task. We carry him and we love him; he knows it. He knows also what he has to do, now and in the future. We are with him and we bless him. Make sure you convey all this to him.

Friday, November 12, 1999 – 10:00 a.m

However advanced on the spiritual path, one must keep in touch with the realities of modern life; one does not preclude the other. A mysticism too distant from the current material life is not desirable. You all need, in this incarnation, to keep your feet on the ground; besides your spiritual work, it is necessary for your balance. We don't expect you to devote half of your time to the practice of Sahaj Marg, but only to comply with what we advise you to do. Apart from the time spent doing your sadhana properly, we ask you to try to attend to your affairs while remaining as much as possible in a good condition of remembrance at the level of the heart. This heart where so many admirable things are achieved. You are all beginning to have evidence of what we have been putting forward for a long time. The human being of the future will no longer be able to deny anything. It will be as plain as two and two make four. We are not there yet, and you must all forge ahead – not in darkness, you have passed that stage, but by trusting us completely with respect to your progress and your final realization. Think of the chance you have!

Tuesday, August 3, 1999 – 10:00 a.m. You may find our speech bleak and indeed unpleasant to read. If you live the slightest bit in reality, you can all see that we are not exaggerating. There are beautiful landscapes on this Earth, splendid cities – a little overcrowded, but if only the good aspects of this planet are seen, it's magnificent. Therefore, without systematically burying your head in the sand, see only the beautiful around you and in others, thus will your life be more bearable. The golden age is not for tomorrow. You all live in this incarnation, which has pleasant aspects as well; try to benefit from them and enjoy the least moment of happiness. See only the good qualities of your fellow human beings, the beauty of a flower and its delicate perfume, and all the good things the Creator provides to nourish you. Review what is appreciable around you and hold on to the positive sides of your existence. Be blessed in this undertaking and persevering in your practice. We don't allude to it much at the present time, but it remains one of the pillars of your life.

Thursday, June 27, 2002 - 10:00 a.m. You carry in your heart this Mission that we all serve on different levels, but where mindsets are joined in a willingness to help it develop according to the envisaged plans. All that can contribute to it makes you happy. Therefore keep it in your heart, more than ever, since all prospects are delightful in this aspect. One century will be enough to place it entirely on the world scene and to make it operational in the hearts receptive to its action. We have already said it: you are the pioneers of a great mystical epic advocating tolerance, justice and love. Its simplicity will appeal to many hearts fond of freedom of action, and that are not willing to be locked up in any rigid and restrictive dogma. Beware of raising barriers around what must be offered without any restrictions whatsoever to all. All can own this system for their own good: i.e. to develop spiritually with utmost sincerity.

Tuesday, July 13, 1999 - 10:00 a.m.

B: Yes, it is by calming the mind that the union with the Master is achieved. We will never insist enough on this aspect. As I mentioned earlier, this union is established through the heart and not mentally.

M: O Babuji, never to leave you, even for one moment, that is my dream.

B: You have made good progress in that direction; you've done it in leaps and bounds. Your body has been shaken, but that was inevitable. If one ascends a mountain in double time, there is necessarily a rebellion of the physical body.

M: Do with my body and my soul as you see fit; what matters to me is your love.

B: We take account of your fragility; you are made of crystal and we do not want to break you. We take great care of you, like a baby.

M: Thank you all for these attentions, which touch me deeply.

B: We act with each one of you according to your nature and your resilience. You all know that we truly want what is good for you. Who can have as much discernment about your true nature as we do, we who know you so well? Love us as we love you, and we will be united in this famous 'constant remembrance'; you will succeed. This wave of love that will connect us will do wonders.

Sunday, April 23, 2017 - 10:00 a.m.

Continuity and effort are two constructive assets that we cultivate for the best possible results. Our abhyasis conform to our wishes, to what we consider to be important, essential one could say, in such a spiritual investment. This practice is very rich in effects; it confirms what was envisioned since the beginning of this Mission. Many changes will occur in this world; they will only emphasise the accuracy of our predictions for this way of the heart which is, in a certain manner, unique among its kind. These messages also have a significant role; the future will reveal many essential aspects of the whole of such a process. These substantial changes will occur in the future and will allow the emergence of a truth, finally revealed to humans. Special blessings to all.

Wednesday, March 6, 2002 - 10:00 a.m. If men wanted to think well and to wonder how genuine seekers, in all areas, received the inspiration that guided them in their work, they would find answers in relation to what we ourselves are doing here. Knowledge does not come to man spontaneously, when it is about making important discoveries for mankind. All the beings that stood out in their time on this Earth and in the different areas were, quite simply, inspired. They were geniuses in the sense that their mind was receptive to this practice and they were passionate enough about their field. For the remainder, they were inspired advisedly. It always goes like that; nothing has changed or will change as long as this world will exist. As was said previously, some faculties are bound to develop in man, and will become in a remote future – this is worth specifying – quite common practice. Before rejecting this form of contact with us and refusing to understand the origin of these messages, our readers should better think a little and try to admit the principle of it, if not mentally, at least by letting a satisfactory answer that would enlighten them dawn in them from the bottom of their hearts.

Thursday, July 15, 1999 - 8:00 a.m. One day, you will access true knowledge. It cannot be communicated to humans, even if they are prepared to receive it. You have already understood that the important thing was inside you and is not tangible. It is an open door to infinity that is worth all the teachings. The path that leads to the inner Master leads to realization. As you dive deeper and deeper into yourself, into the subtle layers of your being, you are drawn into this impetuous flow, which is: Love. One day, you will all understand what true love is. You imagine, you think you know, you have only a vague idea of its reality. It is an infinitely subtle energy that cannot really be perceived on this Earth, which is coarse in its vibration. As you refine yourselves vibrationally, when your cells start to be divinized, you manage to glimpse paradise. There is the other side of the picture, as with all created things; perceptions are refined, sensitivity too. On certain planes of consciousness, it manifests to an extreme degree. Therefore, understand us, we want so much to see you advance, truly, that we often have to push you, to criticize you. We try to make you understand the urgency of a real awareness on this point. Give yourselves fully to your spiritual work; it is the only way, under the guidance of your Masters, to reach the goal as quickly as possible.

Friday, December 17, 1999 - 10:00 a.m. I understand you. I too had to cope with the hassles of everyday life and put up with difficult characters, but that was a mandatory anchor on the material plane. There was no question of gliding as I liked. We would like you to be in a state of greater serenity with relation to your housekeeping problems. We hope to see you resolving them soon; there too, a happy medium is required for balance. We must preserve your energy for the most important things, including our daily contacts. We understand your situation which is not easy. Be patient, it is never easy to depend on others; we will manage to find a satisfactory solution for you. Your energy capital is to be preserved; we are applying ourselves to that. Try to finish this year in a state of confidence, despite everything. We will be particularly close to you.

Saturday, July 17, 1999 - 10:00 a.m.

It would be distressing to think that a great number of abhyasis couldn't one day benefit from these messages. If their spiritual work does not open them to eternal truths, where are we going? This openness will happen slowly; nothing should be done hastily as far as publishing them is concerned. You will all know when it's time to do so. It is necessary to let time do its work. The same goes for all things. Yesterday we touched on the situation of this ashram in Montpellier. It will recover gradually. We are letting certain negative aspects that are still holding it back be cleared away. Help us by seeing it as luminous, sought-after and highly organized, like a hive. Be productive bees and make of this place what we have been expecting of it since its inception. Nothing should be rushed, but create initiatives that will bring it back to life. Visualize its salutary expansion so that, by creating favourable situations, it can attract abhyasis from neighbouring regions. Some of them feel isolated and will appreciate it. It is not Augerans, so other things must be done here, in a different way. Discover, be inventive. You also have at your disposal an abundance of Sahaj Marg literature that can be useful. Meditate together; meditate a lot, particularly in these times when grave dangers can disrupt your lives. Become beacons that illuminate the world.

Monday, December 13, 1999 - 8:00 a.m.

Yes, Lord Krishna is a great avatar, considered as the eighth incarnation of God Vishnu. He has always guided the Mission since the beginning. He is quoted in my autobiography, very often. He inspired me in many circumstances and, on the advice of my Revered Master, I used to call him and ask for his assistance. It is good, in broad outline, to know the history of this hierarchy of the great beings who guided our steps at the beginning of the creation of our Mission. That was not easy and we did not know where we were going. Their encouragements were precious. Carried by their love and judicious advice, it was shaped, gradually, to become what you know now. This action was planned for a long time with the desire to help man of modern times, in a somewhat mad world, where he has difficulty finding his bearings - as all old and traditional values are collapsing. Sahaj Marg is a gift of the Divine to help the human being to find his road, a waymarked and lit-up road, which must change his life completely.

Thursday, April 13, 2000 – 8:00 a.m. The Venerable :

Today is a happy moment for us. A certain number of planets are on the same harmonic line. The beings populating them will feel regenerated. We are working towards this great achievement that will reach its apotheosis in future times. The great architect of the universe has a lot to do. Troublemaking elements sometimes come and spread disorder, and we must remedy it. All of creation is in constant transformation. The cogs of all these mechanisms must remain perfect. There cannot be disturbance in this balance. Think of the limitless grandeur of creation, where the infinitely small has its place and plays its part. Each atom originates from this plan; the whole constitutes the framework. It has its importance, just as much as a human being or a planet.

Sunday, December 6, 1998 – 10:00 a.m. Meditate more; you will help us in the work we are doing on you. When will you understand this? Yes, my child, we are here. Remember what I said to you one day: "I want you to be like a pearl." My exhortations have not had any effect. Make the commitment to meditate more; we will be happy. Today is a day of grace on Earth, be at peace. My message will be more serene so as not to worry your friends. But this is just a breath of the universe that continues in the preordained order. Nothing can stop the course of time. Do not be fearful. The events on Earth are mere vicissitudes in the face of eternity; one day you will laugh about them. Be strong, do you not have faith, faith in God, in us, your Masters, who watch over each of you like a mother over her little ones? Be trusting, advance in surrender and love, and all will be well. In the coming events, France will not be the most affected, but economic repercussions will weaken the country. It will be necessary to face up to it; similar things have been seen in the past. The aim of these messages is to prepare you, not to frighten you. Fortify yourselves through the practice, you, our aspirants, who have this good fortune. The world needs your prayers; work in this direction. Blessings.

Sunday, December 13, 1998 – 10:00 a.m. M: O Babuji, Babuji! I love you so much, Babuji.

B: Yes, my child, we know. What you are experiencing is very hard. Calm yourself and meditate. My message today will be pacifying. One must not despair of human beings, even if that seems insurmountable. Better times will come when harmony and peace will reign on Earth. It will be a great step for humanity! Pray very strongly for that. With this seminar, very good work is being carried out at the ashram. Minds are more serene; we are advancing. Such initiatives are to be encouraged. Have many more of these gatherings that benefit all, increasing the energies tenfold. It seems that a collective awakening is taking place in the Mission; this is important. May you not lose sight of the ultimate objective; ensure that the divine spark grows in your hearts. We are helping you accordingly. Humankind will be transformed only by the spiritual, even though these mutations, as I have told you, entail great upheavals. God is great; He knows what He is doing for the good of all, even if this is not to the liking of humans. Their change can come only from the inside and through a true awakening of individual consciousness. Think deeply about all this. You are, each one of you, the pieces of an immense chessboard. Do your best! We all bless you. May your heart be in peace and joy. Do you believe we don't love you!

Thursday, December 23, 1999 - 10:00 a.m You are part and parcel of one single body. Progress made by some benefits the others. You should always rejoice in the good things happening to a brother or a sister. You all will reach, one day, the goal that we promise to you. You are nearing the year 2000 with good prospects. Let your heart open up to the beneficial rays of love. Be more and more connected to the Divine and let yourself be carried away by this transcendent euphoria. Be connected to the living Master whom you find inside you. May you be full of joy and love for humanity at the end of this year; that would make us happy. We want all the best for you: such is our constant concern. You are dear to our hearts and we are delighted by your progress. This method, so simple, so divested of superfluity, bears admirable fruits. In retrospect, we can measure its impact, and the results obtained are a true divine blessing. It's up to you to enjoy it fully, be thirsting for love and grow in it, under our benevolent attention.

Sunday, October 18, 1998 – 10:00 a.m.

M: So when one is liberated, they continue to suffer so much? O Babuji, I can't take it anymore! I would like so much to be able to go out again. I won't be able to read this message to the others!

B: Your problem is not easy to solve. We are trying to find a solution to help you. Don't lose heart. Meditate. Liberation is not the end of the road. I thought you wanted to go as far ahead as possible in this life. We put a balm on your heart, my child, to help you endure. When you have taken stock of your confinement, you will see how positive it is. Remember what I told J-Michel. Our views are not your views. Humans are like ants that move forward blindly, yet their path is all laid out, and if they deviate from it they are completely disorientated. Make the most of this period of your life. Thank God for all you receive and for having been chosen to serve Him. Realize how lucky you are; your life could have been dull and devoid of interest, and yet you are our 'girl scout'. (Laughter) Look only at your heart; there you will see nothing but beauty, since God has bestowed it. B: Let at least Françoise enjoy it. Blessings to you both.

Sunday, June 18, 2000 – 10:00 a.m.:

Your spiritual journey is rich, it embellishes this part of your life. These contacts have opened a door that leads to a world made of true values. You don't yet realize its full importance for you and for others. What is said is not trivial; it's a simple teaching, but it touches in you all the luminous zones unknown to you. It puts them in resonance in such a way that these echoes make the conscious part of your beings vibrate. Your senses are on alert, as are your minds. It responds and retains what seems to suit it. It makes its own selection, and the repetition of this act broadens its understanding. Thus are small steps taken that move you all forward. With time, you can measure the progress made. You have left behind misconceptions, in order to acquire a healthier judgement of life, humanity and yourselves. Continue to explore your own resources; they are unlimited

Sunday, November 15, 1998 – 10:35 a.m.

M: "I would like to do more and better, Babuji!"

B: Yes, meditate, my child. It's the best you can do. Do you realize your luck, how your life would be without this spiritual dimension? Your health problems would not be any less important! Until love really prevails across the whole Earth, there is still much to do and you play your small part in this vast program; don't underestimate it. The Mission is expanding in the world, and one day it will be a help for the beings of goodwill. Continue to fight courageously, my child, we are all doing our best for you. We are completing our work to give you real means to act for us, effectively. You are a good servant, who meets all our expectations. Don't feel impatient; let us work as we see fit. Surrender: we will repeat this to you time and again, it is the most important. Remember the image (it's easier to work a piece of raw wood). Let us do our work; you should be in a state of love and practice as much as you can. The work done this weekend at the ashram is very beneficial; it should be repeated often. The gatherings foster greater effectiveness. Have a nice day, remain centred; show who you are inside yourself. We bless you as well as those who will go through the door of this apartment.

Wed, Nov 17, 1999 – 8:00 a.m.

Yes, our comments of yesterday can be extended to racism. There is nothing sadder, in this time when people believe civilisation to be at its highest level, than to see them tearing each other apart for racial differences, and ethnic groups being sacrificed because they disturb. When will we see wisdom reigning on Earth and human beings respecting each other, whatever their skin colour? It is time for an immense mixing to take place and for people from all continents to rub shoulders and get to know each other. An enormous work remains to be done, even if minds have opened up quite a bit compared to the last century. See in the other person your own brother, your own sister; learn to understand their culture, their customs that are not yours. All this must not create barriers. Try to see in them what all of you have in common, what can bring you closer and unite you. Each population has its own treasures; it is up to you all to discover and respect them. If you can admit all this, you have taken a step towards peace and harmony. It is the mindset that has to change; tolerance and respect for the other must be established to unite all peoples

Sunday, August 2, 1998 – 10:30 a.m.

M: May I serve you at a high level? Should I say something to Françoise?

B: You are nearing the end of your troubles; your fate will soften. You will have to use your time well, and not waste it doing unimportant things. We watch over you and have placed our confidence in you. Be in total surrender. Your wish to serve is granted, but you have known this for a long time. Your love touches us infinitely, it forgives your lack of diligence in sadhana. Don't take this opportunity to make excuses. One day you will be with us, my child, and you will be able to give your all. There is no level of action; there is simply serving. Each action has its place, its effectiveness. The smallest step is part of this context. Realise how lucky you are. It is true that many say they communicate with us, but that isn't true: those are mental flights of fancy. Purify yourself through practice. The channel must open more and more so that we are in complete connection. Blessings for this day of grace; remain in union with us. You can never do too much when it's in the right direction. Let her speak at the ashram; we are guiding her. Meditate, both of you.

Thursday, December 24, 1998 - 5:00 p.m.

B: Become imbued with my messages; they will nourish your spiritual bodies. Dive into your deepest self; there, you will find harmony and peace. Read again what Yogananda said about war. Your Francois is exceptional; look how well he is working. You are two noble souls that had already worked together in other lives.

M: "Babuji, I always knew that he was exceptional."

Monday, July 19, 1999 – 8:00 a.m.

No one is safe from a fit of anger. It can happen to you and also be directed at you. When facing this kind of situation, one must quickly forgive. This way of behaving can be uncontrollable in the moment. One must quickly rectify this attitude and thus better understand it in others. Contained anger, the hatred that some people harbour within themselves for some of their fellow human beings, is devastating and to be avoided at all costs. You must get rid of this weed that is poisoning your lives. You mustn't harbour any resentment towards beings who have hurt you, knowingly or not. Don't put up this kind of barrier to your evolution. Human turpitude causes much turmoil; knowing how to forgive is the best solution for oneself and others. What will you all gain by letting this poison undermine you, physically and morally? Certain situations are inextricable. You must know how to turn the page and leave your resentments behind; you will feel like a new being, liberated and stronger. Look before you; freed from your rancour, a life full of light can open up to you, liberating you from all these areas of shadow that limit you in your progression. Be free inside, be happy to be so, nothing is slowing your forward movement. Forgive those who attack you, advance with your head held high, without being deeply affected by the ugliness of life.

.Thursday, June 17, 1999 – 10:00 a.m.

M: Babuji, use your scribe as long as she is fit for it.

B: To set your mind at rest, complete what is in progress. Once printed, you will see these writings from a new angle, you will rediscover them. When you feel like it, you may all refer to the message of the day – a message 'from the beyond', yet one that will speak to your heart. Your minds are open to this form of communication; you have an advantage over those that are not. There too, in the future, it will be necessary that all Earthlings be aware of the existence of parallel worlds, that minds open up and understand that certain beings have paranormal perceptions enabling them to communicate with entities existing on other planes of consciousness. A time will come when you all must open up to these truths. There will always be some reluctance, but what does it matter. You who have the good fortune to understand these phenomena, do not linger over the reactions of those who stubbornly object to these ideas; each one has their own. You are privileged. In ancient times, societies considered to be primitive were clearly more open to this kind of contact, and to many other possibilities that you have not been able to enjoy for a long time. So-called advanced civilizations have neglected these various aspects of human powers, considering them to be savage practices. One day, these kinds of values will re-surface. A great sweep will be made in the current teaching concerning what is useless. Other values will be not only recognized, but also respected and emphasized. Rejoice for being among the enlightened minds.

Monday, November 29, 1999 - 10:00 a.m.

Love should be a great current uniting all hearts. What is it actually all about? It exists among humans. Big movements of solidarity are being set up more than ever before: that is good. However, we are anxious about seeing such a fit of violence spreading. It is getting uncontrollable and dangerous, exacerbated by drugs being spread in various forms, all of which are equally frightening for man. It is necessary to fight against this plague that is affecting more and more the lifeblood of the world – mostly the youth. We are thus beyond our usual framework, but how can one remain insensitive to that? And although the purpose of the Mission is of a very different nature, we can still ardently wish that an important global action be taken to check this devastating plague. Souls are longing for the joys provided by a spiritual life and not for the fake ones brought on by artificial paradises. Pray for all these poor people who indulge in such practices, thus calling into question their own evolution.

Wednesday, April 7, 1999 - 8:00 a.m. You have to write what we tell you without questioning yourself. Your views are human, hence limited. Why should we remain within a strict framework? Don't put these kinds of restraints between us anymore. You need to open your mind to more abstract things, otherwise our discourse will have to be limited to what we have been saying for years. One has to evolve, I have already told you, accept being pushed. M: Forgive me, Babuji, I am bird-brained. B: Now that you have gained in stature spiritually, try to have the brain of a golden eagle. Allow all this to settle, and stop censoring us.

Thursday, May 6, 1999 - 10:00 a.m:

As we have already mentioned, it is unfortunate that even prefects had disseminated such nonsense. Never mind. Let us turn the page! That has not prevented the work from being done. It is huge! You people have no yardstick, nor the means of evaluating this extraordinary result. That is not important. It is enough for you to believe in us and to advance without losing the enthusiasm which drives you in such circumstances. Do not forget that you are the soldiers of faith. You partake in the upcoming great upheaval. You may not witness its effects on Earth. But I assure you that they are already effective. Keep joy in your heart; it is not said that humanity will remain in darkness until the end of time. A big army is rising; it will move in a striking way in the decades to come. You are in the heart of the system, of this typhoon, which is to turn the world upside down in the right way. As you often say, my daughter, "Lift up your hearts." Never give in, keep the heart of a child in a powerful body, let your energies increase tenfold. You are contributing to the development of a new world; help us in its fulfilment. Have I motivated you enough? It's up to you to see. Be blessed, for what you are doing already.

Saturday, August 7, 1999 - 8:00 a.m.

Yes, M. and J. will leave, such is their destiny. No matter the distances, you will always be connected one way or another. You will reunite. It is written. Such is life. Some are born and die in their village without having ever left it, and others roam the world. Each has their life, their mission, their karma, which must be fulfilled at all costs. Imagine – all of you – that your stay on Earth is an initiatory journey and that, one day, you will return to your fatherland, enriched by all your experiences. You will take stock of all that and realize what it has really brought you. There are birds that live in cages and migratory birds; which ones have a more enriching life? Enrichment takes place inside and not through travel memories. Which of the two species is privileged? Not necessarily that which one would imagine. You all tend to think that only travels and great epics can develop your mind as well as qualities of strength and courage. The monk who leads a cloistered life in his monastery, without ever going out, can acquire great inner riches and feel joys that great travellers do not necessarily experience, having sometimes only a superficial view of things. Each one has what is necessary for them. Do not believe that only the greatest adventures foster a faster evolution. Seeing, knowing, are not enough to give you such quality as to unite with the inner Master. All is possible and can be achieved in any circumstance. There are no specific criteria to reach the goal more quickly. Only what is already inside you can thrive wherever you are, if you want it to, and especially with a Master's help.

Sunday, February 17, 2002 - 8:00 a.m.

A poet has said, 'the harvest needs the dew to make it ripen, and man [...] has need of tears.' All the philosophy of life is summarised in these few words. Tests, tears are the lot of all human beings; sooner or later, they must go through them. We always come back to this aspect of life, because man does not accept these cycles where everything seems to dog him. It takes much greatness of soul to face up to them in a state of greatest acceptance. Faith, and only faith, can help man – faith in God or quite simply in life, in its manifestation, its perpetual renewal and its strength. Whatever the name given to hope, only it enables man to progress. Despair can lead to the worst dramas, to the greatest excesses, which make one lose a sense of reality. Humanity suffers, it advances in this vale of tears where its recourse is to look towards the sky and beseech grace. The time of suffering and humiliation will finish one day. Let us work together for better times to come on this Earth. Let us work to release souls and make them foresee the divine splendour.

Thurs, Nov 18, 1999 – 8:00 a.m

Don't lose heart, this treatment will help you. The human body is a wonderful tool, but it can also give much suffering. Your evolution had to take that painful path. We are trying to alleviate it through the various methods of care from which you benefit. Telling you that we, the Masters you venerate, underwent that sad fate while incarnate cannot console you. We understand; this new blow is painful to bear. My dear daughter, we know we can ask that of you. Be with your Master in thought. At the cost of a great tiredness, he will set off once again to go towards the abhyasis – our faithful brothers and sisters who are also struggling, one way or another, to cope with their lives. This world is not an idyllic place where everyone lives in joy and love. Even if that is also part of the programme, one must cope with all the bad aspects of it. What else can be said – that this life is not eternal here below and that you all should not despair. Even when faith is not enough to really help you, try not to lose sight of the ultimate goal.

Tues March 28, 2017 – 10:00 a.m. The Sahaj Marg Mission is progressing at its own pace; the Masters are providing for it, each one bringing a necessary element to its establishment in a world in full expansion. Everything proceeds slowly, according to divine plans; all is conceived in the same rigour for an exemplary vision of the world. Each step brings to the fore an element capable of fostering an efficient advancement. We want the best for this path of the heart; everything becomes possible when the heart is engaged in this system. Our abhyasis aspire to a significant advancement unlike any that has ever been, and that for important reasons – to come to a joy of heart, being a major advancement, more than has ever been attained. So many elements are falling into place in this configuration of the new era. Everything will be done as is fitting for the best to occur; thus Sahaj Marg spreads in the world for the general good.

Thursday, June 17, 1999 – 8:00 a.m.

Do not become obsessed with certain wordings in the messages. It is good to be strict and to write what is correct, but your dictionaries have deficiencies. Rectify and make adjustments if necessary, as has already been said. It's the meaning of the words that is important as well as the vibration they emit. That is something you all have not yet integrated well. You who are concerned with this work, you want to do your level best, and we are appreciative. All these sentences that can seem insignificant are linked together to form a whole, capable of helping you in precise moments of your existence. These writings must nourish you and resonate in you like a friendly presence, enlighten you, or quite simply reassure you. In certain circumstances of your lives, you will have in mind what has been said, and your way of acting will express itself according to what surfaces in your consciousness. Often, you want to do the right thing and you go off in directions that are not necessarily right for you or for the others. Who has the absolute truth! We give you this guiding thread to help you through the twists and turns of life. In addition to your practice, we try to equip you as well as possible to face up to things, helped by various means including this form of teaching. Your libraries are full of books – some read them, others don't. This daily message will perhaps become a companion on the path, easy to read. That is what we wish for you all. Each day a different topic, many have been addressed. Some among you will make good use of them, we are sure of it.

Saturday, June 26, 1999 – 8:00 a.m. (This message followed a special experience with Lalaji, in meditation, on Thursday, June 24th, at 5:00 p.m.) You are the custodian of our energies; this integration was meant to make you accessible to this transfer. Don't worry, your life will remain the same, ordinary mortals will not be aware of anything. Like the sphinx at the entrance of the temple, you will guard the secret of the place. Your role is specific. This series of messages, which you may call 'Heart to Heart', will be reserved for a small group. They would not be comprehensible to beings who have not been close to you in moments of spiritual intimacy, and still, are they really able to understand? Nothing distinguishes you in appearance. You remain the same, with your lively reactions and your variously nuanced language. You love and still know how to appreciate certain good aspects in life. No matter, understood or not, you know how to hide your treasures. Continue your inner journey; unite yourself with us more and more; detach yourself from the world. You are advancing, my daughter; we surround you in this delicate phase.

Sunday, June 20, 1999 – 10:00 a.m.

It is good, my daughter; follow your path, continue to fight, for the love of us. You know the place we reserve for you. May a great sun enter your hearts and show you what you all represent for us. You trust us, you follow us and you recognize us as Masters. You have our gratitude. It is good to end this collection with Kabir. He knows how to express the Inexpressible. The beauty of his writings is of a great simplicity, the beauty of his soul shines through each word. To be infatuated with God is this! His is the most beautiful example there is: total surrender and a love without limits. He does not fear to express it, to explore the least recesses of his heart. The Divine dwells in it completely; it is divine in each one of its cells. Feel this soul exploding with happiness – it is light, it is love, it is incandescence, and its example illuminates many a soul. Become that. Make sure that you too become beacons. The world needs them. We can help you in this, dear children, and we bless you on this day particularly. None can tell me which bird this is That sings in my soul. It has neither form nor contour, It stays in the shadow of Love, It sleeps in the bosom of the Inaccessible, the Infinite, the Eternal. No one knows when it flies away, And no one knows when it returns. More than all else Do I cherish in the depth of my heart That love Which makes me live in this world A life without limits. —Kabir

Sunday, August 4, 2002 - 10:00 a.m. They are not empty words, only a reality which men find difficult to believe. Its manifestation escapes you; it is not concrete, but it signs in golden letters everything good coming from this world. Its richness is infinite; it prepares better days on this Earth. Give it free rein in you, let yourself be carried by it, subjugated, dazzled. Cultivate it like a sublime scarcity. Give thanks to God for granting this favour to you: to love Him above all with this love which cannot be described but only lived, in a heart completely open to its power and which transforms life.

Wednesday, December 8, 1999 - 8:00 a.m

From now on, do not hesitate any more to express your feelings. We strongly insist on this aspect; it is important. The great mystics of the past did not fear to do so and wrote beautiful things which influenced and are still illuminating your spiritual life. Is there anything more beautiful than loving, than saying it and singing it in every way possible? We had warned you that the repetitions would be numerous in this last series of the heart to heart: the uplift. What is happening to our scribe is special. An important transformation of her personality is taking place without her knowledge. While keeping the same appearance, she will no longer be exactly the same one. Take advantage of her presence, we cannot say any more on this. It is up to you to feel and understand, according to your perceptions and your sensitivity. Rest assured, my child, you are not out of your mind. You can be so reticent sometimes! Let yourself be carried by the divine wave, without opposing any resistance. Why think that you are not worthy of such a grace? It is a great day for you; live it in all its dense aspects and its splendour, even if you must, as usual, attend to your own affairs.

Friday, March 8, 2002 - 8:00 a.m. Contrary to appearances, a Master's life is a test. There are many reasons for that. He is loved by his disciples, but misunderstood and lonesome. Some true disciples accompany him on this hard path where he is not spared difficulties of all sorts. His role is not limited to the way he represents himself; he acts well beyond it to help mankind. This work is endless; it must be restarted unceasingly, and thus will it be until the end of time. The situation develops; evil grows with its entire trail which currently prevails by confusing the youth, and which touches every social stratum and all ages. Good is also getting stronger; many souls are being liberated and soaring, carried by a profound aspiration to seek in spirituality that which will give meaning to their life. Spirituality is touching hearts more and more, without anything being obvious and without a large scale assessment being made of it. This work is secret; it operates discreetly in hearts, but it gains in vigour in this process that is likely to accelerate. Evil must be uprooted from hearts and be made visible before vacating the place and allowing the best to grow.

Wednesday, July 7, 1999 - 10:00 a.m.

We are not monsters of indifference to the miseries of humanity, in spite of the things we say in certain circumstances to make you understand why things happen. This suffering body puts you in a difficult situation for managing daily life. We help you to find a satisfactory solution. We see your struggles; you need a safe and quiet environment around you and someone you can count on. In a few days, we will see more clearly. We who see with the benefit of hindsight what you all have to go through, we do not always react as you would wish us to. Our comments can seem harsh to you at times, and yet it is not what you imagine.

M: The channel is disrupted, Babuji, I am not able to concentrate. We understand, calm down. Try to overcome this succession of shocks. Immerse yourself in our love.

Tuesday, June 29, 1999 - 10:00 a.m.

M: I accept what you tell me, since it is for my good. So, poor body, continue to suffer for the love of Him. You know how much I love you, Babuji, but I lack greatness of soul.

B: Sufferings are gold mines. The great saints of all countries have understood it well. Do you believe that the gold ingot does not suffer to arrive at its final form?

M: Sufferings are blessings, you say, I believe it. I have read in my youth about the lives of some great saints to whom you have alluded, and I do not manage to say, like them: Give me more, my God. That is beyond my meagre strength - there, I can see my smallness - great feats are not for me. Conjugating the verb 'to love' in simple tenses and singing it in every key, that is within my reach - for the rest ... Give me, please, the strength to endure without complaining.

B: Well, remain in your specialty, there you excel. Let us continue our 'heart-to-heart', and with regard to this word, no censorship, the repetitions are purposeful. Take heart; continue to take care of your 'son-in-heart'.

Tuesday, May 21, 2002 - 8:00 a.m.

In the future, important work will be done with these messages, in which there is a matter for work, and which will be found to have something appealing in them. Their simplicity is more evocative than certain texts that claim to be erudite, but which do not touch the heart. In the heart is the seat of the soul as well as a leaven surpassing the human condition. It is the heart that must be reached and convinced of the need for men to surpass themselves, and to change deeply. Life on this Earth is the best university. The most reputable in your societies do not clear the way to the subjects we treat. This teaching is intended for seekers of another kind who already have a sound asset in this kind of investigation that is of interest to us here. It [investigation] can accommodate a broad range of intellectual capabilities; we are here in a special and non-selective field. Each one can make their way in this area, far from all the criteria required in the current era, which will inevitably sink into decline concerning all that it [the current era] believes it has built. That is how it has always been, from time immemorial. True values are elsewhere; only they matter. A wise man knows it already; he works towards perfecting the best assets in himself.

Sunday, July 11, 1999 – 10:00 a.m. We appoint you: spiritual mother of this ashram. We know how dear it is to your heart, and what you left behind to come and settle down here. Give it an unconditional love, forever. No matter what happens, protect its entity, now and in the future, wherever you may be; it is in your custody. There is quite a lot to do to raise it up. You know what it must become, a luminous refuge for a great number of souls, even if its geographical location happens to change. Don't ask yourself any questions; as the old saying goes, live from day to day. You human beings always want to anticipate and think of tomorrow. Adopt this way of seeing things, you will feel better. That's all for today, you clearly see that it's a special day for you.

Sunday, May 9, 1999 – 10:00 a.m.

B: You are passing an important milestone; you cannot realize it. You let go, deeply. Your surrender must be complete. You do not belong to yourself anymore, that could be misunderstood, but you, you know what we mean to say, and you are thankful.

M: Yes, you can make use of me, as I so often ask you to.

B: We know it, that is where total trust leads. You are our frontline soldier. The willingness to serve that is in your nature makes things easier for us. Your service is not limited to Earth. It will take on its full extent when you leave the Earth. You will be completely available, which your current limitations do not allow. So rejoice, my daughter, your dearest wish is granted. What you have been asking for such a long time, well before we came into in your life, is coming true. Be happy, we love you and we are not afraid to say it to you again, we appreciate your way of understanding it. We will say no more about it, so you will not feel embarrassed. You have to write down everything, do it for us. Blessings to you all who are serving us.

Thursday, April 6, 2017 – 10:00 a.m. Each of the Masters thus far has received what was necessary, in order to transmit it in this Mission. The way of the heart, it is called; a sensitive work is being done on the determinant points of the being for a real spiritual advancement. This is not common; it results from the consultation between the Masters of the past, assembled to actualise a method that is effective in its totality according to the necessity of present times. We here can only rejoice. Since the beginning of this action, real progress has been achieved. It constitutes an advancement in this domain – one that is truly necessary at this time when energies are going in all directions such that humanity is destabilised by actions that are strange and regrettable for the general good of all. Spirituality, approached appropriately, is and will remain the true wealth of humanity. May all become aware of this and act accordingly. Blessings from all the Masters, united in constant support of our very dear Kamlesh

Sunday, July 26, 1998 – 10:30 a.m. (After meditation.) We are doing an important work on you. We are preparing you for great things. Be confident; be united more and more with the inner Master. You are progressing towards unity. We bless you both. May Jacqueline not worry about times to come; each day has enough trouble of its own. God is great, He helps pure hearts. Let her be surrendered to the Divine. Remain immersed with all this.

Sunday, November 27, 2016 – 10:00 a.m. We will remain in union of heart, whatever happens; when these messages – the only ones emanating from the Source – cease, our contacts will take place differently. Here or elsewhere, this soul connection will remain and will manifest in a different way. Our dear son Kamlesh will always be helped; we are following him step by step, without being able to spare him all the worries inherent in this material life. He 'provides', shall we say; we appreciate his way of dealing with issues on both the material and spiritual levels. Each of the Masters of this Mission has had to face up to things, and still must today, more and more. We are very confident about the future, everything seems to be positioned for the best. The Mission is spreading throughout the world; India is no longer the central point of spirituality, as it was before. This country has changed a great deal and that is good, in a way. This aspect of life is so important; many souls in the world yearn for the Divine and are somehow awaiting a spiritual path like Sahaj Marg, one that is effective and not demanding. The results of this method are becoming increasingly evident to us. May they become so for the greatest number, that is our dearest wish.

Tuesday, December 21, 1999 - 8:00 a.m. You should try to understand fully that all that occurs around you is conducive to your evolution, if you can manage it well. Disappointments, frictions with your fellow men, their changeable and sometimes unpleasant attitudes, represent a treasure for you. If you take things philosophically, you will grow in detachment. We do not expect you to be constantly successful; some achievements from time to time will lead you into the habit of reacting differently, even if in reality your character does not change much. We suggest a way of doing things that will make you stronger. We have said it enough; we are not righters of wrongs. In all fields of life, an instructor – a sports trainer, a fencing master or a mountain guide – must guide your steps, point out the mistakes you should avoid in your training. They do all that to make of you a master in their art. The same applies to spirituality; we follow you with the greatest attention and especially with love.

Saturday, May 8, 1999 – 8:00 a.m. We have already come a long way with these messages. Our contacts have intensified. You are doing your best, my daughter, to keep up from day to day. We are very satisfied with this seminar. At this stage, we have a better overview of the results obtained. The motivation of the abhyasis is more than satisfactory. They have become aware of the reliability of the system. They see that regular practice requires willpower and perseverance, and most of them adapt themselves to it. There is progress in the individual work. That is very important; the threads of this immense network are becoming closer-knit and more solid. We have more and more strong elements, future functionaries, in all four corners of the world. Many of them will be needed – active, balanced men and women, who understand that they are advancing in a way which is open to all, non-sectarian and simple in terms of its practice. It is an effective means, suited to their time and to mentalities that want results with little effort. Results are proportional to efforts, of course, but we will not insist further on this. Awareness is developing in the Mission on this point. Many are growing out of their childishness. The West is starting to move. Over the years, we will perhaps witness an inversion of values. Together let us do everything so that such an awareness comes to fruition, and that the East and the West harmonize in this sense for the good of humanity.

Friday, April 30, 1999 – 8:00 a.m. M: Babuji, is it so beautiful? Is it to your liking?

B: The grand day has finally come, the ashram has been consecrated. My son is in a very special state. It is the most beautiful day of his life; it is the apotheosis. He has finally realized his dream: to offer me and the Mission the most beautiful thing one can receive, manifesting his love for me through the building of this wonder. There is nothing more beautiful. My son has given and given so much of his time, of his strength, for so long. It is his great work. Many abhyasis gave of themselves by participating in one way or another; it is a collective achievement. This is where love leads. I will never say it to you enough. This is what love can produce. It is capable of anything, this is magnificent! Words are insufficient to convey my joy, it is inexpressible. The essential has been said, my children. Plunge within yourselves to savour the divine essence that is diffusing in you. My most beautiful gift on this day is to associate you with this happiness and give you a taste of the manna. Let us see only the beautiful, the divine, manifesting in all its forms: its magnificence, its greatness, its power and glory. Everything has been said. You all have my very special blessings.

Sunday, July 18, 1999 – 10:00 a.m. Human behaviour cannot be flawless. Your reactions, for which you repent, are beneficial insofar as you realize they are not valid. My dear daughter, life is a continual struggle on all levels. With oneself, it's another story, understanding that the need to correct oneself is the first step. The following steps, if one perseveres intensely, are made of successes and setbacks. Wanting to change is crucial, there will necessarily be transformation. It is a matter of observing oneself with accuracy, and not overlooking anything; that is the beginning of wisdom. Perseverance will do the rest, we have all experienced this turbulence of the heart. Perfection is not achieved in a day, that would be too nice, too easy to be sustainable. Your faults are well anchored in all of you. Acknowledging that they exist is a quality. All is not lost since you are lucid enough to realize it. Progression towards the ultimate will, as you advance, diminish these flaws that characterize you all as a form of human expression. Your spiritual personality will, in time, cover this aspect of yourselves that shocks you in certain circumstances. Be patient and regular in your practice. Let the best of yourselves show through and assert itself more and more, thanks to your sadhana. The reward will crown your efforts. With our blessings.

Sunday, July 18, 1999 - 8:00 a.m.

Reassure Michel, the work of a proofreader is not easy; professionals themselves are corrected. That is not important, you must see it in this way and accept it; a touch-up is needed, that's all. This does not in any way detract from the beauty of the work as a whole. The nature of a 'heart-to-heart', as far as we are concerned, is precisely to be able to say everything, to write everything; remember this. Whatever you all may do with these messages in the future, it would be good to keep the overall look of the current presentation. Above all, no small print, and the text should be rhythmic, well-spaced and easy to read; it is important. Worried, tired minds will find this presentation more pleasant to read and will refer to it easily. Your poor heads are often at saturation, and this will be a good way to focus your attention. This modern life demands too much of your senses; they are saturated and no longer have the ability to keep a sustained focus on any activity for long, not even relaxation. You no longer know how to live in silence and contemplation, you need this perpetual movement around you. Your senses have become gluttons and need all this commotion. You are intoxicated by noise and images. Let your mind relax, calm down; inactivity, meditation and reflection are necessary for your balance in life. It is not wasted time. Some of you are veritable machines under pressure. Become yourselves again, quite simply, even if only for very short periods of time. With a more intense inner life you will be happier.

Friday, January 7, 2000 - 8:00 a.m. Calm down, relax. We know how painful it is on certain days. Physical and moral sufferings exist on the Earth in various degrees. God is not insensitive to the call of His children, but this is how laws are made, and it is a prerequisite to reach the goal. The mountaineer who undertakes the conquest of a summit difficult to reach, goes through very trying moments; he suffers and puts his life in danger, deliberately. He satisfies an ambition, a need to excel himself, which is not the case of the simple mortal who undergoes his karma, whether imposed or chosen. So will it be until the end of time, and the best way of settling one's accounts is again acceptance and surrender. We do not have other means to propose to you, except for an unflinching faith and the accompanying graces which reduce your burden. You are in a spiritual way that makes you take short-cuts, and that shapes and transforms you deeply. Safety will come from such a process; your efforts, as well as those of the mountaineer, will not be in vain. Remain trustful and loving, in spite of the torments of life.

Thursday November 4, 1999 - 8:00 a.m. It is correct that during the last world war, the killing frenzy of one man was unprecedented in history. A horrendous ego, a boundless arrogance guided him as well as the hatred rooted in his origins. This being was out of his mind, and unfortunately he continued in his madness and was followed by a great number of individuals. This period of history will leave an indelible mark which should always be remembered. Other genocides organised by man continue to be perpetrated without the world opinion being alarmed. Yet, one day, a supreme authority on the Earth will have to have the right to address such acts and to act accordingly. This third millennium should lead to the golden age, towards a state of harmony tinged with a true spirituality. Great beings will come to illuminate the world; they will have to fight against the always tenacious forces of evil. Your Master is working towards the implementation of this imposing project. His action covers the present and the future; high level Masters have that power. You cannot measure the importance of it, but you should know that we all are working for the good of humanity.

Wednesday, December 22, 1999 - 8:00 a.m. Spare yourself, my child. You know that your capabilities are limited, and in spite of your need to escape, you should strictly remain within your limits. Do not worry about the future; trust us. We watch over you like we do for all our children since the Mission is a big family; that is how we see it. These are not empty words, it is reality; even if we cannot resolve all your difficulties, we help you in our own way. You all are precious in our eyes. Some of you sometimes sink into despair. Struggling alone in this very difficult life is tiresome in many respects. We understand your going through these periods of lassitude. We too struggled; we suffered physically and morally; we know all the torments you are experiencing. This is why we follow you with tenderness and we help you as best we can. You all have our blessings.

Tuesday, April 26, 2016 – 10:00 a.m. This long journey of messages has left its mark on your heart in the most beautiful way; your heart loves in a state of serenity, quite simply. These uncommon contacts are of great importance to it, and to us as well. Our dear scribe has produced a considerable work that is historically unique. Our great Parthasarathi emphasised this enough during his time. Our Mission benefits from this contribution. Books are one thing, but these writings are different in many respects. They will have a prominent place in the future. They carry a special energy whose effects we can measure over time. Nothing is too good or too great for this Mission, which is so close to our heart. It started in a small way, has expanded and will increasingly stand out in terms of its importance and the benefits it generates. So much ugliness and violence are developing here and there, and for no good reason, while a space of beauty and wholeness could fulfil so many beautiful souls who do not know themselves. Will this time ever come? We hope for it and are fervently working towards It. Each of our abhyasis, through their practice and sincere commitment, participate in this planned evolution so decisive for the transformation of humanity. To dream of a better world is not utopian. Precedents have occurred across all of creation. The multiplicity of worlds is striking in its immensity and diversity, and full of planets where perfection prevails, you can be sure. All levels exist, and this probably creates a kind of balance in the whole universe. We have our place in it, by divine grace. It is up to you to benefit from this opportunity – Sahaj Marg, a real boon for all of you.

Monday, April 25, 2016 – 10:00 a.m.

As long as it is possible to do this, why would we stop. Many of our brothers and sisters appreciate these messages; they are a blessing for the Sahaj Marg Mission. This occurrence is not ordinary. It demonstrates the uniqueness of this spiritual path from which so many ardent hearts benefit. Nonetheless, other great spiritual movements that have left a mark on this world for many centuries also benefit from writings of the same kind. Many secrets are still to be revealed – no matter, what is essential is to move forward on this long path of knowledge. Many of our abhyasis wish to progress and conquer within themselves this sacred space that is so mysterious, where the best that can be is accomplished for each one's elevation. Time is precious; best not to waste it in fruitless undertakings or in a state of detachment that is inappropriate in this quest of the Divine. It is accessible to all, yet one has to want it and perceive it in its reality – an element that is essential to the advancement of the human being. The stakes are worth the effort, you can be sure. Everything is done in our path to make the best of this approach accessible to all. It bears immeasurable fruit. A day will come when all of you will be able to assess the benefits of your commitment and your action within the Sahaj Marg Mission. It will leave its mark on this time, in more ways than one. Many abhyasis who are truly engaged are sacred vectors of this path, they receive accordingly, and they will carry it up to the highest level – this, by divine grace. So it is.

Wed, May 12, 1999 – 10:00 a.m. I approve of your desire. One can do a lot through thought and visualization, you know that. Never stop proceeding in this way, do it with joy, with unfailing enthusiasm. Seen in this light, your role is even more active. If you give it the necessary form, this work will become constructive. Everything is possible in this field. You must go beyond the practice, even if it is rigorous. By having firmly in mind this idea of the expansion of the Mission, by seeing it being established throughout the world for the good of humanity, you are taking action. There is no stopping a current of thought when it is right. Such an effective and simple way is available to all. Let us wish, together, that a growing number of human beings can benefit from it and reach higher planes. Thus, we will progress towards the golden age

Sunday, April 4, 1999 – 4:00 p.m My daughter, you are making great strides; may this keep your morale up. All the beautiful outings can leave imperishable memories, but what are these? You have come far enough to understand the precariousness of the joys of this world. We understand that you are feeling a twinge of sorrow while being isolated during these holidays. Think of all the trips you have made, which only left you with images in your mind and some memories of annoying incidents. All is only illusion in this world. Not attaching more importance to the good times over the bad ones is a sign of great wisdom.

Sunday, April 24, 2016 – 10:00 a.m. All the heaviness of the world cannot trouble a loving heart in these moments of unique communion when it offers itself to ours with such surrender. These writings will endure through time. They deserve special attention, and our dear successors are seeing to it. The Mission is being built little by little; one day it will reach its apogee and will help an increasing number of brothers and sisters who long for the Divine. The reality of this concept will become clearer and clearer – that of a redeeming energy capable of helping the multitude calling for a true method, one that can lift them up to that same energy when they are receptive to its ceaseless action. Opening to the splendour of the Spirit is the most precious asset there is, one that in no way can be lost. It is a safe asset, of which we take particular care for the good of all our faithful abhysis. This asset is for them immutable and will remain so; this is not insignificant. It is passed on from one lifetime to the next to meet the needs of each life. Simply, without big displays or rituals, real work takes place and serves the aspirant by helping him or her progress in a satisfactory way, thus fulfilling the subtle being in utmost discretion. In the shadows and silence of the heart, the true personality of the human being blossoms. Though complex in its effects, the best nevertheless occurs and leads the aspirant to shores whose beauty cannot be imagined. May all become aware of the importance of their endeavour; they will not regret it. Special blessings.

Saturday, April 23, 2016 – 10:00 a.m.

Step by step, the Sahaj Marg Mission is advancing, carried by the Love of the Masters attentive to an action upon hearts receptive to its benefits. Time does its work, bringing the human realm opportunities to advance towards a knowledge necessary for realisation and the evolution of all. We are happy to observe its effects; here, our view of human beings as a whole is very broad. Sahaj Marg creates a distinctive vibratory space and is active in more ways than one. It is not easy to define, but sensitive beings perceive it and take full advantage of its benefits. Souls that rejoin us unite here to perfect what they started on Earth, and they strengthen it beyond their expectations. Nothing is lost in such an approach; time devoted to deepening it further and further allows one to develop a very refined sensitivity. It generates the best in this process, which is uncommon in the mazes of faith and capable of influencing, more than decisively, this remarkable spiritual journey. You can be sure that more and more beautiful souls are advancing on this most special path, one that will mark present and future times in the most beautiful manner. Such are the divine choices – they provide, in a timely manner, what is suitable for a substantial expansion of consciousness. To all, the best ever.

Wednesday, December 22, 1999 - 8:00 a.m

Spare yourself, my child. You know that your capabilities are limited, and in spite of your need to escape, you should strictly remain within your limits. Do not worry about the future; trust us. We watch over you like we do for all our children since the Mission is a big family; that is how we see it. These are not empty words, it is reality; even if we cannot resolve all your difficulties, we help you in our own way. You all are precious in our eyes. Some of you sometimes sink into despair. Struggling alone in this very difficult life is tiresome in many respects. We understand your going through these periods of lassitude. We too struggled; we suffered physically and morally; we know all the torments you are experiencing. This is why we follow you with tenderness and we help you as best we can. You all have our blessings.

Wednesday, July 12, 2000 – 10:00 a.m. Don't be overwhelmed by human misery and the suffering of your fellow beings. You should have compassion and help them as much as possible, but you can't do more than that. Thus are the karmic laws; thus will they be until the end of time. The Earth is a place of transition and awakening. Each being must solve a personal equation, each is alone in the face of their destiny. They can receive help and see their burden becoming lighter, but their life course will be followed until the end. A true spiritual process opens horizons to them, which can make the situation evolve favourably by modifying it. Humans have options in the face of various paths that present themselves; will they take the right direction? That's the question. They prefer, often, to choose easiness. Each one of their acts is numbered; until the end, they have free will. Will their deepest aspirations prevail? It's up to them to decide. We wish the best for each incarnate being, and we all work in that direction.

Friday, April 22, 2016 – 10:00 a.m. Here you find the peace, the love, that carries you every day towards our hearts that are so attentive to the Mission and to our dear scribe. Do not feel embarrassed by these comments. So many years of contact have led to the creation of a very special bond, one that is – shall we say – unique in its genre and of benefit to the entire Mission. We particularly surround our dearest Kamlesh with all our love. It is not always easy for him to cope with the various difficulties generated by the Mission. They are numerous and come in addition to the spiritual work, whose scope is surprising in its effects. This action pertains to a particular state maintained by the power of the united Masters – we who are especially attentive to him, in order for his action to spread broadly upon this way of the heart, so special and active in the results obtained. 'One day, the divine goal will be attained' – such is our enduring wish for all those who trust us and follow this extraordinary path. It will leave its mark on these times, you can all be sure of this, and it will adorn them with a beautiful aura. Nothing is useless in a process like this, wherein action and surrender crown the efforts of each individual. All benefit from the effects of grace, which is given day after day in the silence of the heart, where it is called with the utmost discretion. May all become increasingly committed and make the very most of a work such as this – one that has been blessed by the gods. Blessings and courage to all, in the face of this unprecedented saga.

Thursday, April 21, 2016 – 10:00 a.m. Rejoin us in this space of peace and love where your soul aspires to resume this unusual contact every day. It is not commonplace, or yet understood by all; the time will come for an open-mindedness sufficient for these exchanges to be accepted and for them to benefit all our abhyasis. Moving forward is important. The work being done in our way is not ordinary either, and its action, although sometimes beyond the understanding of our aspirants, operates at subtle levels that are very significant for the advancement of all. There lies the goal, the reason for this path of the heart; its effects are abstract but it is truly active and satisfying in every respect. Initially the Masters did not imagine such a conquest of hearts. Nonetheless, it fully meets the expectations of the Alliance that had decided upon this action – for the good of the greatest number – and this is just the beginning. Precedents in history show that certain paths have also started on a small scale, and then gone on to win over the greatest number of dedicated followers. Everything has its *raison d'être*; times are changing, and the profound aspirations of different people result in new approaches that can enlighten them even more about the reasons for a spiritual path whose action is different. Many souls are awakening to knowledge, and this is only the beginning. More and more, human beings will seek to go deeper into the mystery of God, the Creator of all things. Ceaseless blessings to all.

Wednesday, June 2, 1999 – 10:00 a.m. The conclusion of all that's been said is that there are two possible roads to follow. The choice is yours. You can dawdle at your convenience, considering yourself happy in doing so. For you, life is long, just enjoy it. Or, you may want to maximize your chances and not rest on your meagre attainments. Being part of the elite is not for everyone. Except in very special cases, we give each of you the same opportunities. It is up to you to make the most of what you receive. We were talking about the leading pack; the one that sets the pace and draws along those who can follow. We are moving forward slowly, bit by bit, with our words, so as not to frighten the weakest. Know that you all receive the same care and our tenderness. We want to lead each one of you, without distinction, to the most beautiful success possible. Surrender yourselves completely to the Master, offer him your life force, without the least resistance, and an inner terrain ready to receive the divine seed. Be Blessed.

Wednesday, June 23, 1999 – 10:00 a.m. We take great care of you, you are precious to us, do not doubt it. Why would you not be? For one thing, your human criteria are not correct; and for another, on what basis do you think you are not important? For us, you are. The reasons of the heart surpass all erudite human assessments. We love you, that is how it is. Did I not tell you that our heart-to-heart would continue one way or another? We do not want to take too much of your strength, we just want to show you that we are here and that our contacts are not ending. We want to console your poor heart, so unhappy at being unable to control the situation in which you find yourself. Courage is not always enough. Keep your spirits up, we shower you with our Love.

Wednesday, April 20, 2016 – 10:00 a.m.

These messages will become more important over time; you can be sure that they were not given in vain. As we have already said, they will be a precious asset in the future. Why would thousands of these writings exist if they were not very important for our Mission! The future will justify these words. So many changes will occur in this world; reference points will be necessary for humans in order to allow them to follow the course of their lives. Sahaj Marg will unite, in a certain manner, beings who are committed to this system; beyond any borders, there will remain that which constitutes the very essence of a spirituality operating for the good of all. May there be peace in everyone. Doesn't everything have its *raison d'être*? Trials, joys and diverse torments are among the elements of a life. No life escapes the law of Karma, which is decisive in each incarnation. The unity of Sahaj Marg is important; it is its strength and greatly increases its action in hearts. All this is not visible to human eyes, yet the work that takes place in Sahaj Marg merits attention once again. A life is short in the face of eternity, but every link in the chain deserves particular attention, an action that is salutary and constructive for the best. The Mission forms a coherent whole that is increasingly strong, supported by the unprecedented action of the powers that guide it. Everything is as it is meant to be, and what must be will be. Endless blessings to all.

Tuesday, April 19, 2016 – 10:00 a.m. Life is not a long and tranquil river, otherwise where would the challenge lie? Life would lose its purpose, which is to help the human being grow and gain a little wisdom from one lifetime to the next. The process of evolution is very slow. It takes time and multiple trials to reach a satisfactory level of consciousness. This long human epic has for its goal the attainment of the best possible. Following a spiritual way is a real benefit on a journey that is difficult in many respects. Trials are necessary and formative; without them there would be nothing to drive things forward. The various kingdoms of creation undergo the same fate, allowing an overall and decisive evolution for all. Will the time of fulness come? Such is the goal of our action: fulness of the heart, of the entire being, subjected on one hand to the vicissitudes of life and on the other hand sufficiently protected to allow one to fully experience, in complete awareness, a spiritual path that is decisive for the rest of one's journey. The egregore of our Mission is growing in strength. It is heartening to witness this and to see all our brothers and sisters carried by this redeeming tide. When they come to rejoin us, the passage is easier. The efforts they have made on this Earth in order to grow save them valuable time. They are welcomed, helped and guided as needed. We do not promise the marvels that are possible in dreams. Reality is enough, and all is well as it is.

Wednesday, May 5, 1999 – 8:00 a.m.

Come into your refuge, let yourself be rocked by the transmission. It is a joy to follow your efforts; your perseverance is touching. Your love and your faith in us bear their fruit. In this period of your existence when outdoor life is not possible, you find the sun and the fresh air inside yourself. This handicap compels you to push very strongly on the door of the heart and to respond to its aspirations. You could roam the world and feel lonely and sad. Your destiny is quite different, that has nothing to do with us. We try to make your isolation more beautiful, but we don't keep you in this state in order to use you. It is wrong to say that [comment made by X] and contrary to divine laws. We do not bring about a situation in order to profit from it. We use the gifts and the dispositions of the heart. A well-seasoned soul that offers itself to us is guided for the good in its journey. We are both sad and happy for what you are enduring. When you have left the Earth and your mortal coil, you will bless it. We will resume later.

Sunday, July 31, 2016 – 10:00 a.m. Serenity here is invoked, the connection with the Masters, the Divine in its essence, indispensable to life. The world is sorely lacking this inner peace, obtained through regular practice and a total commitment of the heart. We see over time the results obtained on our path; they are cause for rejoicing. In the long run, they create a strikingly beautiful aura. It is necessary to emphasise this, as this perception is not easily acquired. All our brothers and sisters are truly moving in the right direction. Faithfulness produces a perceptible and very significant transformation. In this bewildered world where violence is growing, it is laudable to glimpse this space where serenity prevails. Why would it not be? The Divine will change the world one day – once and for all. Special blessings.

Mon, April 18, 2016 – 10:00 a.m. The meandering pathways of the heart guard well their secrets, which are not revealed to the eyes of humans, as they are too abstract. This heart is the essential element for life, but not only that; it also holds secrets which, from one incarnation to another, weave the fabric of one's destiny – a destiny that has long been planned. It is a story whose guiding thread connects every incarnation and gives each one a special colouring, a continuity that is necessary for the blossoming of the whole being. The practice of Sahaj Marg is very special among its kind; it saves valuable time. It refines the subtle points and ensures their cohesion in order to maintain a better balance amid daily turbulence. Karma is inescapable. It plays an important role in the lives of all incarnate beings, whether or not they are aware of this subtle energy – an energy that maintains, at all costs, what must exist and what should take place for one and all over the course of days. This long journey is revealed over time and holds many surprises. Everything has been foreseen down to the smallest detail and, above all, has long been planned. The manner in which one manages a life is important; everything is counted and remembered, in order to perfect the continuation of this long saga with its meanders full of surprises for humans faced with the unfolding of the days. Embellishing the days with an active spiritual practice is a sign of wisdom, which we appreciate and support even further. May all our brothers and sisters be blessed and strengthened in the face of life.

Sun April 17, 2016 – 10:00 a.m. The fluctuating nature of the days sometimes diverts the abhyasi from his or her objective. It is not always easy, in this life that is troubled in many ways, to follow a strict line of conduct. The commitment of the heart is paramount here, in this journey that is essential for the elevation of the soul. The soul is waiting and complies with what is offered to it. Each one receives according to his or her call – this reality is well known and effective in its action. It is so good to let oneself be carried by the delights of the soul, in the deep and indescribable joy it can create in these unique moments of profound rapture. Such an anticipation always leads to the desired results. This commitment is crucial for the abhyasi; thus does one progress towards the goal, according to one's wishes. Owing to its effectiveness, this simple method, strengthened by the personal commitment of each individual, has produced the Mission as it is today. We are following the effects it generates and we support its action. Its efficacy can only grow in people's hearts. As major seminars draw near, it is good to take stock; everyone does what they can, and we find no fault in that. Our beloved son Kamlesh is so very committed to this extraordinary challenge. He is our greatest asset in this endeavour, and he will lead this Mission very far; we will always give him the necessary means. May he be especially blessed, along with the entire Sahaj Marg Mission.

Tuesday, May 11, 1999 – 8:00 a.m M: Will you help me, Babuji?

B: Get rid of your anxiety by plunging deeply into the sadhana. Once again, you will have the confirmation of what we say in the messages. This is not to be considered a therapy, but uniting oneself with the Divine releases the body from its tensions. You know that we always do what is possible. Do not worry yourself; we will be with you. Must we tell you, be in surrender? We will not insist further today. Tomorrow, we will resume our contacts. Be strong.

Saturday, May 7, 2016 – 10:00 a.m. The periods following seminars are conducive to a spiritual blossoming, to the deepening of this unparalleled quest for the Divine. Each seminar leaves a trace and, in its own manner, marks the path of each of our aspirants, as the transcendence of the Spirit works wonders, one can say. Nothing is lost from such unique gatherings, and being totally open to this action leads to very convincing results. In all its apparent simplicity, the path of Sahaj Marg nevertheless offers multiple benefits. In this system we disregard grand ritualistic displays, which are of no importance. Our fervent, long-standing abhyasis (one who practises, a spiritual seeker) can, to some extent, measure its effects. When they leave this world, they will be able to fully assess its results, and they will be happy. This incarnation will not have been in vain, as each brings a valuable element to this long epic in which difficulties of all kinds abound. Efforts made in this direction during one's lifetime bear precious fruit for the remainder of the journey. Commitment and fervour generate grace, that which elevates the entity to the pinnacle of success. Seeing the entire Mission progress fills us with joy, a joy that greatly heightens the fervour of many abhyasis. Everything in its time; one day the divine goal will be attained – therein lies the reason for our ceaseless action, for the good of all. Very special blessings.

Sunday, May 8, 2016 – 10:00 a.m. Patience, my dear daughter, you will come to join us soon. One day you will again find this country that is so dear to your heart – India. That visual contact [via Skype session on May 2] has rekindled in your heart many memories of previous lives in which you left a mark. Life is like that – from one incarnation to the next there is a subtle link that sometimes makes it possible to pursue a desired action. The vibratory strength of this spiritual way attracts beautiful souls in search of the Divine, as part of an action that suits them for their own personal development. The Sahaj Marg Mission offers this opportunity to many of our brothers and sisters who are receptive to what it brings, both valuable and decisive, in such a process. This one is not futile, you can be sure; it saves a lot of time. Isn't this the sought-after goal? In the future, India will indeed find the grandeur of a very distant past. This is how life is; cycles recur according to the need of the present time, to perfect what already exists and to advance even further on this long journey of life. This story is not about to end. Many events will occur that will bring this world closer to a higher reality, decisive for the good of humanity. Continuous blessings upon this Mission, for the good of all. Babuji

Monday, May 9, 2016 – 10:00 a.m. See only the beautiful, the good – that which enchants your heart and delights your soul, so thirsty for heavenly fulfilment. These messages help much more than you think; you cannot imagine the benefits they provide. They will take on more and more importance in our Mission, you can be sure. Your isolation, your sufferings, enable this work, which would not otherwise have the same scope and such an impact on our abhyasis. The Mission thus enjoys many benefits, as do the incarnate Masters, in their own way. Sahaj Marg is a whole, coherent and effective in its results. Its action has not finished expanding throughout the world. It meets the current needs of many beings calling for an energy that is redeeming beyond measure. On the material plane, substantial efforts are required to establish such a work, of which time will clarify the parameters and support the action, going beyond human imagination. Divine grace supports this Mission, wanted thus for a long time, to meet current needs. Humanity is growing in number and in needs of every sort, but an immense void is being created because of a growing negativity that is destabilising for human beings. Rediscovering inner peace and harmony requires an action conducive to the blossoming of the whole being, in which spirituality finds a prominent place. Special blessings to all.

Tuesday, July 16, 2002 – 8:00 a.m.

Calm your mind and we will be able to start. The surging thoughts that trouble your mind are hindrances to our contact. Sweep these undesirable things away, won't you? You can see it; the ritual is always the same one: to find us in your heart it is necessary to free some place for it. It is under this condition that a true contact can be established. Meditation is based on the same principle; the sublime presence does not put up with the turbulences of the mind. Communing with it entails a favourable state of vacuity. It cannot be otherwise. It is by working on this aspect that the best results can be obtained.

Saturday, April 30, 2016 – 9:45 a.m.

Relax and glide through this universe of beauty where your heart exalts in loving us. Here it gives its full measure, and an extraordinary love carries it on this anniversary day where it is enchanted by this very special vibration. This contact is not ordinary. It cannot really be described, but we wish something more to emanate from this message, something able to touch many beings who are carried by a particular state of receptivity. As we have said enough, celebration days in our Mission are very beneficial for all. They raise the vibratory level and unite hearts in a special way, carrying them with our love, a fact that is not common for them in everyday life. May they all devote enough time to this special day and benefit fully from it. One day, Sahaj Marg will amaze people by its development in the world and its effective action on the spiritual journey of each person. So many beautiful souls are in need. In a certain way, they are ahead of the general level of spiritual evolution. Some pioneers are preparing the world of tomorrow. They are, in their own way, divine "envoys" whose mission is to position themselves accordingly and generate good vibrations that can, in their own way, purify the current atmosphere which is so disturbing for sensitive beings. All our special blessings on this anniversary day. May all hearts be sensitive to it.

Wednesday, February 3, 2016 – 10:00 a.m. **IMPORTANT:** There is a time for everything in one's life; the time of interiorisation, of Self-Discovery, is an important stage. It reveals a deep aspiration for the Divine and, in a certain way, the real purpose of an incarnation. Each incarnation provides a missing element – an experience, good or bad, but at times decisive for the progress of each person. Following a spiritual way illuminates the path and leads to the necessary action, one that is capable of generating the best by saving precious time. We wish here to encourage you all to be truly committed to this rather unusual approach, one that brings about real changes. Visible or not, they produce the best. Such achievement in one's life saves a lot of time – the vibrations of the whole being change and carry a person differently. Over the years and with experience, the path is illuminated, allowing one to go where needed while avoiding a number of mistakes. These are inevitable in the course of an incarnation, but they can be reduced through a certain acquired wisdom that is decisive in more respects than one. Sahaj Marg, in its apparent simplicity, acts on sensitive points that are, to some extent, capable of releasing a person from the heaviness of Karma. Perseverance and sincere action produce significant results. It is so gratifying for us to witness the benefit. May all truly motivate themselves and attain the best, the ultimate goal.

Thursday, May 13, 1999 – 8:00 a.m. You had to learn patience in this life, it is an important quality. See how slowly everything is done around you; observe nature, the rhythm of the seasons, the worlds that are being built and the realization of beings. Time is the master, nothing can change its course; it will not speed up for your pleasure. Time is, full stop. All living kingdoms on Earth must conform to it. Biding one's time is humanity's stumbling block. It is necessary to wait for everything, always. Thanks to time, the world is in perpetual evolution; it is the magic wand of the Creator. When you come to join us, you will get out of this context. Other experiences will await you; what you will have lived on the Earth will be among your assets. Your preparation will be beneficial for approaching a completely different kind of experience. Nothing is lost; everything is useful; your knowledge will open doors for you. Review your life in detail. Your logbook might be richer than you think. The good and the evil are equally valuable. The important thing is to learn from everything.

Tuesday, May 18, 1999 – 10:00 a.m.

You have always been so courageous, you are not going to break down now; pull yourself together. That cannot console you, but you are an example for those who see beyond appearances. You are not easy to figure out; some get fooled by that. Don't give up, my daughter. You are at the same time strong and fragile in your body, like a precious mechanism. Only wise people can understand this. Try to respond and put into practice what we have said above. Do not have pointless fears that hurt you; deal with the present, only the present. Surrender; we love you and bless you.

Thursday, May 13, 1999 – 10:00 a.m.

Times will come when you will have to rely only on yourselves in many circumstances of material life. You are going to experience great difficulties, especially in your countries, where you are accustomed to an easy life, even if you are not aware of it. People are oppressed, unhappy in unacceptable deprivation compared to the wealth of industrialized countries. It is time for the order of things to change. Living under the reign of abundance weakens beings. They do not know what it is to struggle for a piece of bread or a bowl of rice to live, or rather to survive and not to die of hunger. You waste, you throw away, you do not even respect food anymore. It is your due! Beware of such behaviour; one day you may have to wait for the bare minimum to feed yourselves. Thank God for living in a land of plenty where some people waste their energy in defending backward-looking ideas that lead nowhere. Evolve, there too, it is part of your program. Do not confine yourselves to your little self. The whole of humanity is your family. You all have the duty to consider it as such and to act according to your means. Be fully aware of this problem, you will advance.

Sunday, May 16, 1999 - 8:00 a.m. We understand your difficulties and the efforts you make to sustain yourself; we are not insensitive to this. We have provided you some improvement on certain aspects, but we cannot change everything. Become aware of the good you are doing by taking down these messages; let them be a diversion for you from a state you must endure. The time you all spend on Earth is short; this is the preparatory school, and your future depends on it. Be good pupils, grateful for receiving an often tedious but constructive training. During the most difficult moments, try to have a clear-eyed view of events. Take a step back to assess the situation. Put things in perspective and draw relevant conclusions, knowing that what affects you is often not serious and that time resolves things. When faced with trials, try to think of the millions of beings who are living under inhuman conditions and for whom nothing is done. The rest of humanity is often aware; gestures are made and good deeds are undertaken, but it is quite insufficient. When everything goes wrong for you, try to do something for those who are in inextricable situations. Your problems will not be solved for all that, but through your generosity of heart and your thoughts, you may help a soul in distress, and for a while you forget your own worries. You are no longer focused on your pain or your familial or monetary problems. You free yourselves of them in a certain way. Compassion is an important element not to be neglected; it is even essential to your evolution. Cultivate it. By letting yourselves merge into human misery in general, you will minimize your own. You will find it more bearable. Never cease working on yourselves. It is your great work, the most decisive in the final analysis. When you take stock of your life, you will not have to brood over having missed one of the most important aspects. Sharpen your judgement about yourselves; sooner or later, you will have to do it, better not to waste time. Take heart.

Mon, Nov 8, 1999 - 10:00 a.m Important: Nobody can really define God through reason. He is beyond any definition; for these reasons, we will stick to the same recurring theme. "Seek Him inside you, with your heart, in your heart. It is the only possible way for man to come near to Him, since He is impalpable and nobody can truly define Him with rational explanations. For the moment, we will revert to love; it is the only way that can lead you to Him, that can let you be lost and live in Him. Only this fusion will take you far away from any reasoning. Work ardently on this point; your comprehension will broaden and will make you go beyond set formulas. Your questioning is justified and desirable, but the more you advance the more the answers will come by themselves inside you. You will cast your own light on its reality. One day you will see the end of the tunnel and light will flash onto your dazzled eyes. The eyes of the heart and the soul will be your best guides.

Tuesday, May 18, 1999 - 10:00 a.m. You have always been so courageous, you are not going to break down now; pull yourself together. That cannot console you, but you are an example for those who see beyond appearances. You are not easy to figure out; some get fooled by that. Don't give up, my daughter. You are at the same time strong and fragile in your body, like a precious mechanism. Only wise people can understand this. Try to respond and put into practice what we have said above. Do not have pointless fears that hurt you; deal with the present, only the present. Surrender; we love you and bless you.

Monday, May 17, 1999 - 8:00 a.m. We want to warn you once again - you are heading towards difficult times. We do not mean to throw you into a panic, but you'd better prepare yourselves Mentally. Your 'scientists' are sorcerer's apprentices. Under pretext of going towards progress and the discovery of other worlds, they put the Earth in a dangerous position. Could chaos be avoided? By defying natural laws, one plays with fire. What is taking place on Earth is serious. The monstrous pride of certain people makes them believe they are geniuses. How to stop them in their madness? We may not succeed. There are such stakes in this escalation, national glories, money powers. This power of evil is difficult to contain. We can only wait and try to preserve what is possible. Dear children, we cannot give you a miracle solution to protect you. God is great, keep your faith, and hope for more serene days when you will no longer have to fear the madness of your fellow human beings. Take refuge in sure values and as much as possible be in union with the Creator.

Tuesday, May 18, 1999 – 8:00 a.m. M: How long will I hold on, Babuji?

B: Forget your miseries, come join us. Don't worry about it; continue to do what you can, without thinking about tomorrow. You all spend your time projecting yourselves towards the future. You carry both at the same time; it's too much. There too, you don't have all the power to direct your life. You can influence it with a positive vision, so ignore what is not positive. Master your thoughts, do not let them dominate and enslave you. In spite of everything, build yourselves a universe of beauty. Do not endlessly allow yourselves to be trapped in the nets of Maya. It's not easy to manage real difficulties and not extrapolate. Eliminate what further adds to these problems, that is, the fear of tomorrow. It magnifies everything; it is not easy to get rid of it. One must find, here as elsewhere, the right measure. Between dreaming of an ideal life and letting oneself be ensnared in the clutches of a gloomy future, there is a middle ground on which one must stand. Whatever may happen to you all, we are not abandoning you. The best of you is always preserved.

Wednesday, May 19, 1999 – 8:00 a.m. Yes, such are your incarnations on Earth. You are performing a part in a particular play. Actors manage to perfect their talent as they exercise it from play to play. Likewise, from life to life, you progress and refine yourselves. All that you consider important here below is important in a very relative way. Try to fully persuade yourselves of this. You will suffer less from all the events that disturb the course of your life; they are necessary for your evolution. You are, in turn, the characters of either a comedy or a tragedy. You have the good role or the bad one; you are the good guy or the bad guy. Once the play is over, it is merely a memory in people's minds and in yours. Was it so important? Is the essential in yourself undermined by the playing of your character? It was merely one more experience. The same goes for each one of your lives, so really keep that perspective when you are living through dramatic situations. If you fully imbibe this way of seeing things, they will be more bearable to you. Once this incarnation is complete, you will see it as it really is: a new initiatory step, more or less successful depending on the wisdom you have acquired. You will have lived it only for that: to grow and to move ever further in your quest.

Sunday, April 21, 2002 – 10:00 a.m. Our choice is justified by what you are inside: this richness which is in you, that which we have mentioned earlier and which outlives an incarnation. Your faults, your qualities are the marks of the latter; you put up with it and you try to mend what you don't like. Each life is characterised by these kinds of attributes that have to be managed: it is peculiar to human beings. As there is no such thing as perfection, there is no way this could be avoided. Man's only resource is to try to improve and rise above the miasmas of this world. You already understand these great principles, since you are striving for that. You are on your way, and you become lighter with the passing of time. With it, your burden is less heavy; you advance towards wisdom. Our way contributes to it. Such steadfastness is worth rewarding. If you have patience to read us, it means also that you are engaged in our system and that you enjoy its benefits. The various aspects of what our method brings to you transform you deeply. You are not fully aware of it, but the result is there; you can believe us."

Thursday, May 2, 2002 – 10:00 a.m.

Man is a Lilliputian, presumptuous enough to believe that his knowledge is great. These experiments are harmful to the balance of the worlds. He is oblivious to the evil caused by himself, and cannot admit that these tests of all sorts are dangerous, which includes humanity who is the first to suffer from the ensuing consequences, whether visible or not. This frenzy of domination will have to stop suddenly one day, as there is the risk of causing even bigger dramas, if it is not controlled. We have already said it, man on this Earth is the biggest predator; this is nothing to be proud of. The sages try to thwart their madness; they only succeed partially. The excessive ego of the researchers drives them into risky adventures. We cannot stop the march of time. Other civilisations, too audacious, ended up being wiped out. This phenomenon is neither unique nor new. You whose ambition is to perfect yourself and advance in true knowledge – that which relates to the great divine truths – you are going in the right direction, distant from these devastating turpitudes. Be blessed for that.

Wednesday, July 31, 2002 - 10:00 a.m.

There are some nice pages in this series of messages that will delight simple and loving hearts. They will find therein keys that will help them to surrender further. It is only when this level of simplicity is reached that they will be able to assess how long the path is that they have covered. This path requires clearing; it widens and becomes increasingly receptive to true beauty, that of the soul. Everything hangs on this holy place; admirable signs can be visible, but this richness remains hidden from the eyes of men. Could they recognise it as is proper? The criteria to assess it are beyond this world. In our inserting some chosen pearls into these writings, we intend to offer them to those who will actually want to collect them. If only one of these messages manages to touch the heart of the reader, our goal will have been achieved – to make men understand that union with the Divine requires sparseness, simplicity of approach and utmost surrender. "Great theories can feed the intellect, but another journey takes place parallel to this search. The direction being set, together with the active support of a highly enlightened being, one can make it possible to advance in the right direction. The heart, inspired, can therefore find its own way which is unique, since in the final analysis, it leads to the divine source.

Sunday, April 28, 2002 - 8:00 a.m.

We had never stressed this important aspect of the sadhana: doing it with the appropriate mindset can only perfect your approach to the Divine. "We want the best for you. You make the effort to follow us in this way we propose to you. Some can be surprised by its simplicity; make no mistake, it is effective. The fact that it is divested of useless aspects does not take away its major quality, which is not easily measurable. If you have been following us for some time, you are capable of judging by yourself. You are no longer children that need to be dragged by force; those days are over, even for the adults who are more and more capable of making wise choices in this field. You can see clearly, and dismiss generally accepted ideas, whatever they may be. Our teachings are of this time, and they are universal. They appeal to free men capable of finding their spiritual bearings in a society disconcerting for them. They need stability; they create it within themselves by practising "They are shaping their destiny peacefully. They are trustful, having faith in a process which will not disappoint them; we see to it.

Saturday, April 27, 2002 - 10:00 a.m. Keep cheerfulness in your heart. You have good reasons for that, just like all of you who are reading us, since the future – as it is dawning – is not gloomy. Life does not end here on this Earth. It continues on its trajectory well beyond, and evolves towards perfection. You have spaces yet to be conquered, therefore, you should have the mindset of conquerors. Be audacious, go off to explore [them]; start off by exploring the unknown meanders of your own heart. It holds surprises for you; don't believe that you know everything about it. You deem it submissive, without originality; isn't it you, rather, who lack that? Are you dynamic in your sadhana? "Start off by driving away your lassitude when you begin your practice. "Interiorise yourself with joy, by expending all the love possibly existing in your heart. Win its trust so that it is free and happy. It will lead you into another universe where peace exists, where the wounds of this world cannot have a hold on you. Become giants in that world where beauty reigns, where evil does not take root any more, since it is not any more in its favourite land. Intensely make the most of these dives [within] full of a sovereign charm, given that it is Divine.

Sunday, April 28, 2002 - 10:00 a.m. Is your practice particularly attractive to you? Do you arrive joyfully at the feet of the Master where you are supposed to commune with yourself? If so, you left your tiredness and your worries at the entrance of the inner space where your most beautiful work is being built. This way of proceeding supports your meditation. You create this favourable state, leaving behind you, for the nonce, what overburdens your mind unnecessarily. Uniting with the Divine requires special attention; this kind of personal ritual supports its success. Make sure you condition yourself favourably in your heart; we insist on this point. To take refuge in this sacred temple requires the same approach and the same respect that is essential when the follower enters the edifice of his choice, related to his beliefs. The Moslem, the Buddhist or the Christian complies with a certain ritual that puts him in tune with divinity. "The divine is inside you, in the heart of your being; don't lose sight of this essential aspect of your process. You will place yourselves in the best condition to be united with Him.

Friday, May 10, 2002 - 8:00 a.m.

My very Revered Master, Lalaji, does not express himself directly, but he also inspires these messages. We are in such osmosis, spiritually, that we are one and the same in our manifestations. While generally keeping our individuality with regard to the soul of the Mission, we work together most of the time. It is already a vast undertaking that is being prepared slowly, but in a sure way, to expand on a great scale. We are preparing the hearts that one day will be ready to receive us. It will all happen in the most naturally possible way. Just like water irrigating a thirsting soil, our system of spiritual work will be welcome. Its simplicity does not require a very demanding life style, just a few exercises and reference to the Divine through the work of the existing Master. There are no heavy constraints in our way. Today's man would not accept it, he who is overloaded from dawn to sunset by the pernicious effects of this world, and subjected to a high technology that is testing for his nervous system. Meditation is a great benefit to him.

Friday, October 15, 1999 - 8:00 a.m. You all who have access to these messages, do you realize how lucky you are? You are a little saturated with them, but all that will settle and let an imprint emerge, deep in your hearts, which you do not even suspect. In the future, open minds will delight in them; they will focus much more on the content than on the apparently simple form. They will be able to derive the quintessence from that content. As for yourselves, you will need the benefit of hindsight to realize what you have received. It is about a rather special transmission, which you cannot really assess. The important thing is to benefit from it, even if that creates some constraints for you. We know that your organization functions well, you all take part in this work with your hearts. Always let the heart speak, act, and open up to life in all its forms - you will no longer see it in the same way.

Saturday, May 15, 1999 - 10:00 a.m.

M: Babuji, the scribe is not in good shape today, she is doing her level best but..

B: It is necessary to accept the good and the bad with equal gratitude. What you consider bad is actually one of your best weapons, depending on how you manage the situation. One needs nobility of spirit to think of trials as blessings. With time, you will all experience a different state of mind in the face of difficulties that keep arising in the course of a life. She is operating relatively well, we manage to convey the essential. Even if these messages always deal with more or less the same topics, it is important to present them in this form of dialogue. We are here, face to face, and we exchange, is this not beautiful? We show in this way all the love we have for our aspirants. We would like to carry them, to make them advance very quickly and liberate them, but we are bound to comply with certain rules. These messages will help. You see that you are useful, my daughter, you who despair for not being in the action in a way that is more in line with your temperament. All that you are doing was planned for a long time. We were waiting for the right moment, quite simply. See how lucky you are to be able to serve us like this. Be happy.

Friday, June 4, 1999 - 10:00 a.m. No path, however good it may be, can suit everyone. The soul, during its evolution, follows many meanders before finding what suits it. You are all privileged; having come sufficiently far in other lives, the opportunity is given to you to arrive where necessary and be able to make the decisive step. When the fruit is ripe, it must be picked and exposed. Looking at it, one sees how much the beneficial rays of the sun have made it the most perfect fruit of its kind. By taking the right approach, you too are exposed to the purifying rays of love that bring you to the ultimate ripening of the soul, so its beauty can radiate and attract other searching souls. Those who are thirsty for the Divine feel this powerful attraction. Love has the same effects as the sun on nature; it is the food, the life of the soul. Without it, the soul vegetates and doesn't find its oxygen. It suffers and withers. The right channel presents itself to the soul, and there it is, opening up, exalting, at last it can live. The aspiration that was within finds its fulfilment and manifests through the effects felt at the level of the heart. The way is open, luminous, intangible. With time all is possible. This is how it is.

June 5, 1999 – 8:00 a.m. The human soul that doesn't find a place to quench its thirst is like a walker lost in the desert. He or she desperately seeks a watering place where they will be able to refresh themselves. The hand of God resting on their heart will bring the best relief. Even the most atheistic person will perhaps have a just appreciation; they will raise their head to the sky and thank the Creator of all things. God has more ways than one of provoking 'the awakening' of one of His children; His resources are infinite. At times we come to Him in unexpected situations. He is patient and, when the moment has come, He literally co-opts us, sometimes at the moment we least expect. You know what I mean, my daughter. Grace can occur at any time; the soul is plucked like a flower and its life is transformed completely. The path for humans is very different for each but, one way or another, they always end up following the same approach. For each of us our path is set in advance; longer for some who try to flee, but no being will escape divine providence which will, sooner or later, bring them back to their true destination: to return to the abode of God.

Thursday, September 13, 2001 - 8:00 AM Where will the cruelty of human beings stop? It is innate with many of them and starts appearing since childhood, by pulling out beetles' wings, or even by torturing poor defenceless animals. It can go on in adulthood up to the point of the excesses that we know today and that comes close to collective madness. These acts are facilitated by a high technology, which allows them to devise satanic plans. They will do anything to satisfy the hatred and spirit of revenge they are filled with. It is a vicious circle, which will not have an end and will have sooner or later to be stopped by a power from outside this planet that will not have any other means to stop this dangerous escalation harmful to the balance of the universe. The basic instincts of human nature are difficult to counter. The use of force should be obvious one day to establish an order of peace and love, profitable to all creatures on this Earth. Pray for this advent.

Tuesday, November 29, 2016 – 10:00 a.m. This long journey of messages has been very productive. Time will confirm the importance and benefits of these writings. Sahaj Marg is making great strides, and this makes us happy. So much ugliness exists in this world; what is not ugly must distinguish itself from the rest, to help the greatest number. Our dear great son Kamlesh has all freedom to work in the right direction; he is creative, and we follow him attentively. Future times will bewilder many human beings who have no reference point in this particular register – namely, spirituality! Here, it is not binding, rather it helps our brothers and sisters to clarify their path, to better understand why there are so many trials for certain people, and difficulties in general. Following a spiritual path makes it possible to put things into perspective, to see life from another angle, free from the grossness that characterises it. A more serene world exists. It becomes accessible when one follows this 'way of the heart' which opens vistas on the 'Infinite', the one that makes us dream, but which really exists – isn't it comforting to know this. May peace and love strengthen each one of our brothers and sisters and foster the unceasing progress of this beautiful way of Sahaj Marg.

Sunday, September 26, 1999 – 10:00 a.m. C is advancing; this is a noble soul, luminous. We are happy to see her progression. We follow her particularly. She is an interiorized silent being – transmit this to her. This seminar at the ashram is very good for all the abhyasis attending. An event like this remotivates individuals; it should take place as often as possible. P is overburdened with work, but the importance of this place still escapes the majority, even the persons in charge. We do understand your feeling of sadness about this situation. For the moment, that's how it is. The arrival of a dynamic element in the region would be needed, we are working on it. It takes time, my child, for things to fall into place, but this notion is not important – we have said it often enough, and the future will show it. The consecration of this place is there, the vibratory charge is important. You all mustn't dwell on the infighting that has been raging for a long time. Go beyond all these human failings. Don't see the ashram that way any longer, but as a sacred high place. Get more involved, your ardour is lacking. Don't be picky, you are all lucky to have such a place. For pity's sake, become aware of it. Many of your brothers and sisters in the world would love to have the same. Reflect well on it. Do justice to this place, which must in no way suffer from human baseness. You will all make us happy, we are already grateful for it.

Sunday, March 14, 1999 – 9:30 a.m.

M: Will you come, Babuji? Forgive me. I am always amazed, like a little girl in front of the Christmas tree, at the graces you bestow on me.

B: It's good that you remember some of what I said. You are right to value cleanliness and your appearance. My remark on that day was meant only to insist on the fact that inner beauty is more important than the physical aspect. You saw in this report how the Baul devotees live, the beauty of their faith, what they endure to go to these great celebrations, as well as their poverty. You cannot understand the Indian soul, nor the way these people live. You do not have the same priorities. It is another world, in spite of the progress taking place in a part of this country; but can one call it progress? That is another debate that does not concern us here. You are at the dawn of an era of spirituality; there will be a lot of trial and error and heartbreak to reach the goal. Religions have affected people's minds so much. A universal movement must be established on the Earth, which will unify devotion beyond dogmas and rites. You abhyasis, you belong to this redeeming tide. Through your personal work and what you reflect, you are preparing this future spiritual movement that will bring human beings together instead of dividing them and making them kill one another in the name of principles that do not even respect the ideas of the masters who taught them. We will come back to this chapter. Know that everything you do in your regular sadhana represents a tiny but constructive contribution to this new state of mind for future times. We are developing, building, stone by stone, a new edifice where certain men will no longer have in mind, as they do now, the sole idea of destroying their enemies, i.e. those who do not think like them. In troubled times, it is good to think of a more serene future for the Earth. You are precursors, but do not imagine, either, that you are the only ones on the right path. Do not fall into that trap. One must avoid repeating the mistakes of the past, as well as this unfortunate tendency of humans to believe that only they possess the truth. You said, my daughter, that my criticisms were blessings; you are wise. Our criticisms are often misunderstood. A severely wounded person whose wounds are touched cannot but suffer; it is a human reaction. There are different types of criticisms. You must go beyond that and bear in mind that your Masters have only one goal: to help you. This must be recognized, otherwise no progress can be made. Soul-searching is important. Any spiritual path entails this personal work. Rest a little, meditate. You see, it is well when you are able to relax. Our contacts should not, on any account, create tension in you. As for the birthday, don't worry. People who are supposed to be with you will be. You know well that your life is essentially remote-controlled. Do not plan anything; a little whimsey is not bad.

How can you ask this question? We will leave it at that today. Keep up your meetings, and add to them moments of reflection together, on selected aspects of the messages, for example. Do not forget that you are scouts. Be blessed, my daughter; convey this to your friends.

Monday, April 12, 1999 – 8:00 a.m.

Imagine what it takes to print the books of the Mission; you are getting a glimpse of it now. Is it worth it? Do you believe we have preached in the wilderness? Then won't you find the courage to carry on? Make the most of it while you have a good team. These messages are, for the open minded, another approach of our teachings. I appreciate what has been done; one must capture attention with an easy reading. Try to process them in a simpler way. Yes, I pay attention to these details, my daughter; so, won't you continue for me? Time is short, get down to work with ardour; you will not feel the slight fatigue it causes you. Do it for me, quite simply.

Tuesday, July 16, 2002 – 10:00 a.m. Meditating correctly is an art that requires work. It is not always easy to empty one's mind. On certain days the thoughts are disturbing; it is advisable to discipline them. Deep meditation brings about serenity and relief capable of showing life from a different perspective, and brings you to control impulses that are not favourable to the development of spiritual life. Practice necessarily leads to keeping a check on oneself more thoroughly, and to being in a state of systematic vigilance. Progress stems from a whole set of attitudes and one's compliance with the rules. The behaviour will become natural with time; then it will be possible to assess the results obtained through this work.

Monday, April 19, 2010 - 10:00 a.m.

Our Mission is at a crossroads in its history. Many steps have already been taken, and it has yet to conquer the world, the hearts, and the minds of many of those who wait for this very special kind of energy. The time has not come yet when it – this vibration – can be perceived and valued at its true worth. Some of our abhyasis who are more sensitive than others have begun to perceive their own subtlety, with respect to our principles and these messages given with precisely this aim – to develop within themselves the ability to perceive what is essential. Everything in our way works towards this flowering of the soul in its aspiration for the Divine, the ultimate goal of its journey. Our aspirants are given the basic elements from the outset; it remains for them, by means of their efforts and perseverance, to grow this valuable asset that has been made available to them. There is no grand outward display; rather, our method goes to the main thing, to the objective, through interiorisation and regular practice, as well as the assimilation of its principles. Its benefits will become apparent with time. They will become, by the grace of God, an established fact. May each one therefore act according to their faith in Him and in us, for the good of all.

Saturday, June 15, 2002 - 10:00 a.m.

To show how very strong a bond between two souls can be, and how love develops to the extent of completely taking over the heart exposed to its action – such was our goal. A spiritual process without love would hide its beauty; only love can give it the appropriate lights. The most beautiful landscape can take on its real worth only if it is haloed with a light highlighting all the contours and evolving according to the hour of the day. Love also takes on different accents, according to the circumstances, and gets carried away in the privileged moments when the soul communes with its Be-loved. This kind of love can enrich the most banal existence, giving to it, furthermore, a very special joy that cannot be described. We have already spoken so much about love; we could revert to it endlessly. Is there anything more beautiful than these blessed moments, which transport you to other places and make you forget everything? Build yourself this sanctuary, protected from the turbulences of life, where you will be able to feed on celestial songs in deepest silence.

Friday, January 7, 2000 - 10:00 a.m.

You see that love is the best remedy, that it puts a balm on all evils. To merge in it in the secrecy of your heart, is this not the true refuge? Feed on the divine nectar and let these moments embellish your day. Benefit from these graces as much as you can; they are unique and restore your courage to advance. In these privileged moments, are you not happy to be only a pencil, as you say, using it, but living very special states? We know that you do not wish any more to lay down your impressions on paper, so as to live them more intensely inwardly. We understand it and our union is therefore only more perfect. Those who read us, if their sensitivity permits, can feel all the magic of it. You would like to be able to sing a hymn of love which would echo across the Earth and beyond; this is what you do, my child, in the secrecy of your soul so full of Him that it can only overflow and follow the ways wanted by God.

Saturday, October 16, 2004 - 10:00 AM.

Beyond their textual content, these writings carry an energy undetectable humanly. Some of our brothers will feel it. Be that as it may, this reading will benefit them all. How can one go further into the mystery of life on this Earth! It would be necessary to put forward concepts, which could not be currently understood. It is better to stick to what is known and to let our aspirants pursue their spiritual search. An unremitting work will open the doors of knowledge quite naturally to them; the new era will facilitate their access to it. We have already said it: our teaching will not be static, it will adapt to the evolution of the beings. We possess the relevant means. Everything in its own time—all is programmed according to the stages to get through in this field. Our way was born at the cusp of two civilizations that differ on many points. Our brothers of the future will be able to adapt to phenomena unthinkable currently, which will be then admitted and will belong to their life in all its manifestations. The doors of this future world will not be crossed easily. There will be a price to be paid; nothing here below is obtained without efforts. Our teaching, then, will be truly understood. The perceptions of beings will have developed, which will allow a more realistic approach to it. Each person's work helps to build this future; its impact will keep growing and working in that direction with the assistance of higher powers. Blessings to all.

Wednesday, April 17, 2002 - 10:00 a.m. Feel that love is flowing from your heart and spreading around you. Love dedicated to the Divine acts like that. It comes from the depths of the being, where it can be created by the spirit, and not from the head. The type of love we are alluding to is of a divine essence and has nothing to do with human matters. You should be able to make out the difference and cultivate, in a special way, that which we are referring to. Sincere impulses make it surface; in these blessed moments, the soul is bathed in it, delighted in it, it surrenders. Your hearts aspire to living these moments when nothing else exists. Give in to so many graces; don't repress them. Why would you repress them? Easterners devote themselves to it with delight. This kind of sense of propriety [repressing them] is out of place. Is there anything more beautiful than letting one's heart speak! In this world of blackness, mentioning beauty, the inexpressible, is a blessed moment. In this area, don't fear to express yourself any more. We encourage your sister to do so. Many hearts will understand it; they will feel like brothers. The only true beauty is hidden in the heart of man. He generally ignores it. May the time soon come when love will reign on the Earth.

Wednesday, July 5, 2000 - 10:00 a.m. Remain still and centred in the heart of silence. Bliss is beyond all feelings. A heart-to-heart in this holy space cannot leave room for perception of the senses, which must be at rest. Here is peace and harmony...In successive waves, it pervades the place which then becomes imbued and nourished by the divine essence. In these privileged moments, when the soul has its rightful place, the being of flesh calms down and prays. These moments of complete unity are rare. The innermost being must treasure them, like priceless jewels. To console you for this necessary departure, which saddens you, we wanted to bring you to this shore where only love that overwhelms the soul matters. Pull yourself together, my daughter, you still have much to do. We repeat ourselves, but how else can we act with you humans, who constantly need to be reassured and guided. The path, with few exceptions, cannot be shortened; one must go to the end, as much as possible in serenity.

Friday, October 12, 2001 - 10:00 a.m. Envoy

B: "Continue to serve us as you usually do with humility and devotion. It is necessary to be able to adapt oneself, whatever the circumstances; it is a quality that is wise to cultivate. We are not parted from each other, as you would be inclined to believe. There is another work which must be done temporarily; you should therefore be in acceptance." Being able to accept, to adapt oneself and bow to necessity; this is what we all do here. We act wherever necessary, only the motivation for serving urges us to act. Where we are, the notion of service takes on its full meaning. We are carried by an auspicious and constructive energy, which we try to make mankind benefit from. The task is not easy; we face great resistance. You may find these comments strange. [That there are] invisible forces working for men's good, is this possible? They cannot measure [the relevant] result and yet an enormous work is being carried out which they cannot value. The important thing is to do, to help this planet by all possible means, to bring it to a higher life turned towards the Inexpressible Joy.

Friday, June 21, 2002 - 10:00 a.m.

Don't forget your primary vocation, which is to love. Overcome human turpitudes, otherwise your pace will be slowed down. Your process lies elsewhere, so has it been for a long time. You cannot cut yourself off from the world completely; you are a part of it. It is enough to find the right balance; you can find it. By remaining united with ours, your heart knows how to be protected. It conquers, little by little, the vast territory that it has entered. Only wise people follow this way as they have faith in their guide. There, the human reference marks do not exist; it is a different space. This conquest is not simple; it is subjected to laws unknown to men. They have a presentiment of its rigour, and they try to conform to it. This attraction is the strongest; it manifests itself in them, and they cannot resist it as they are subjected to the divine attraction. Nobody can escape its laws. When the moment has come for a soul to turn over towards the celestial heart, everything is done for this intention to be accomplished. Faith attracts, it magnifies the way, which is itself glorified by love. This conquest remains inimitable; it is unique and requires efforts. To arrive at the goal is the greatest success and the outcome of everything.

Saturday, May 4, 2002 - 8:00 a.m.

Turn more and more towards your Master. Your inner eye should not be taken off him any more. Your main objective is achieved, because your taking this decisive step towards him places you in the best condition to reach the goal. There are various ways of going towards the Master. Humanly, it is easy. Spiritually, it is a different process altogether. There are many steps to go through. They are necessary and require an increasingly greater commitment. It is not a trivial matter, as is the case here in this world where anything that must last always finds itself often quickly forgotten. This kind of process is of a different nature; it is specific and durable. One should know what they are committing themselves to. Spiritual life goes beyond the framework of this life on Earth. It is built in a solid way, thoroughly, in the secrecy of the being, which is immutable. When one feels ready for this final act, they commit themselves happily towards their nobler destiny and the supreme ascent can start. Happy are the hearts that reach this crossroads; there are not many of them. May they be blessed as well as all those who aspire to reaching that point.

Friday, March 8, 2002 - 10:00 a.m.

Anything apparently simple in these messages must be read carefully. Beyond the words, there can be a hidden truth, which does not strike your mind and yet it proves to be important, making you become aware of a significant fact. Your life is taking shape by small touches, without the final outcome clearly appearing to you. Some colours can seem contradictory to you, but in the final analysis, everything links up extremely well and forms a coherent whole. Each stage was planned with a view to this result. Events do not occur without reason, or anarchically, in your life. The relevant framework was being prepared for a long time. An objective assessment should convince you. You are living a story pertaining to a long series, the only objective of which is to allow you to grow towards higher levels. There is nothing futile in its episodes, which are linked to each other and have the same common denominator. The immutable in you puts up with the successive states which you go through, and which are meant to create in you an elite soul, capable of uniting with, and literally merging into this impalpable but omnipresent source in this world. The completion of these many cycles leads you to a reality beyond your current understanding. Continue with courage. Success will be at the end of the road one day.

Friday, February 24, 2017 - 10:00 a.m. This exchange between our hearts has generated so much love that this love will mark it forever. Noticeably, it has changed a spiritual journey that will, in the future, assert itself more and more across the Earth, given its power of action – decisive for more reasons than one and making its way in hearts in an unpre-cedented manner. This Mission has still so much to bring, far beyond what is imaginable today. In some parts of India, high meeting places will be created, places capable of multiplying its current action. The future still holds beautiful surprises; the best is yet to come. So it is.

Tuesday, May 14, 2002 - 10:00 a.m.

Whatever may happen to you, you should keep joy in your heart. With the passing of years, it grew richer with real treasures accumulated through your work, your perseverance in following us and trusting us. You have a considerable asset that you cannot easily value. Your summary estimate of it encourages you nevertheless to carry on your efforts. We lead you on a path which gets clearer little by little, where your step becomes steadier and firmer in its determination to go on until the end of the path. Your experiments in past lives left a hunger in you difficult to satisfy. Your soul is expanding; it is fired with the divine light that calls it. You control this requirement, but the need is there, real, and you know it. You do what is possible and you attract light in your hearts. Any sorrow is rewarded; nothing is lost of the efforts and impulses of love suggested to you by this special process, which holds an important place in this lifetime, since it will follow you well beyond the hassle of this world. Be confident and surrendered to His grace.

Monday, March 4, 2002 - 10:00 a.m.

You have accepted important changes in your life. In coming to Montpellier as we asked you to, you answered our request out of love, but that represented a big sacrifice for you. You considered this move as an end; the prospect caused great sadness in you, but you did not hesitate to answer our request. This episode of your life is rich; you have made necessary encounters for what you have been accomplishing for many years. This change was not an end, but a beginning. All the elements were set up, as they had to be, to help you in your current mission. No matter what happens, it is preferable to look ahead, to see the opportunities offered by life and to make the most of them. Faith in God must be your only guide, and faith in your Masters whom you consider as his representatives as per your choice. Everything is being set up according to well-established plans; one should better accept them with gratitude and love by giving their best. Thus life becomes constructive and full of experiments, well accepted with joy and in a state of surrender.

Saturday, May 8, 1999 - 10:00 a.m.

M: Babuji, are you happy with my work?

B: Does this question really need to be answered? Do you believe that we don't see your efforts to please us, and the energy it requires of you? There is nothing more to say. Meditate and you will feel in your heart our true answer. In future times, these messages will not be understood by all. Certain minds will always remain sceptical about this means of communication. It is inevitable. Those most open will benefit from another approach in our teaching and will be helped by it. It will be very positive for them. You can see even now the reactions of those few who have access to it. Here we are not in an academic style of writing - put aside intentionally. We convey a few simple ideas, in a simple form, which does not mean simplistic. Leave aside your literary background, what you will gain from this is more important than syntax. We do not mean that it should be neglected, we are not read by ignorant beings. We are only clarifying things. Many will be able to read these writings, and perhaps not read the books. By insisting on specific subjects in a concise fashion, we will touch the greatest number. These writings are addressed very particularly to the heart, more than to the mind. See it like this for your own good.

Thursday, July 1, 1999 - 10:00 a.m.

Be confident, my child, confidence is essential in all things. Confidence and faith cannot be dissociated. We do not ask you to be saints, to be perfect, only to lean towards this state. We are like attentive gardeners who, in a greenhouse, watch over rare and precious species with love. You cannot imagine how much love it takes to bring you to perfection, the worries this entails. We love to see you all progressing and determined to succeed; it is our reward. When a soul advances on the path and we bring it to the goal, it is a very great joy for us all. We will not go any further today; we do not want to tire you. Only know that our union of hearts will persist throughout the day and even beyond. Be at peace.

Tuesday, December 7, 1999 - 8:00 a.m. As long as possible, continue to write, my child. In all this mass of messages, there should be some that will hold the attention of those who will read them. Even if they do not make it their favourite book, certain truths will perhaps possibly touch them. Do not worry; all these pearls will not be lost. What emanates from the Divine is affixed a seal, and one day or the other, now or in another century, somebody will be interested and will give them all the attention they deserve. A novel can be lost, forgotten by all, but all these lines which you are writing day after day under our inspiration will have their own existence and will be able to touch the hearts of our brothers for generations to come. Even if they must remain hidden in a drawer for several decades, they exist and have not been written and printed for nothing. We know that such is not your concern; you do what we ask you to do with utmost surrender. We have your confidence, which, in addition to love, are states that make you gifted candidates capable of reaching the highest levels. Be blessed.

Monday, July 26, 1999 - 10:00 a.m.

You are satisfied; I have addressed a topic which troubles you concerning false rumours going around and disturbing some of our aspirants. My son cannot intervene for the moment on this issue; he has more important work to do. In any case, even if he addressed this question, that would not change the behaviour. Humans are talkative by nature, not only can they seldom keep a secret, but they often take pleasure in a kind of imagery which they feed on. Dreaming is a human characteristic. They often embroider the truth; they transform it, which may be useful to the balance of some people in this so tormented world. Go on your way, my daughter. Although all these noises reach you, the good thing in your isolation is that, at least, you keep out of the fray. Your way is different, without you all these messages would not have taken shape and would not have been printed. Spare your forces to serve us. Do not let your energies dissipate unnecessarily. Remain only in our service; we are happy to have a medium who conveys correctly what we wish to put forth, without exaggerating or making yourself look important in any way; which are the reasons why you were chosen. My dear daughter, you are precious in our eyes. You have all our love, don't forget it and don't feel guilty, as you do for futile motives. Remain well in union of heart with us.

Sunday, July 25, 1999 - 8:00 a.m. As long as there will be men on the Earth, we will have inspirational topics. As far as we are concerned, don't fear anything. We still have things to say, as long as you will be able to write them down. We often appear to talk to a brick wall, but it happens that certain formulas strike people's minds, hence the necessary repetition of the words and the subjects being treated from different perspectives to draw your attention. What do these messages amount to? We cannot reveal to you the secrets of the universe. We cannot give you 'scoops' which, you, Earthmen, are so fond of. Therefore, it is necessary to confine oneself to what occurs here, inside you and around you. Your reactions towards others, the big issue is there: the human relation, the frictions it generates and the incomprehension it creates. 'The nest of vipers' lies at this level. Even among 'advanced' beings, conflicts of cohabitation and communication exist. Man struggles between his gregarious instinct and his frenzied individualism. If he sometimes happens to endure his fellow men, he cannot help, from time to time as is the case with cats that aptly hit their neighbour with their paw—criticizing them, and even slandering them. We are here in a normal human context, shall we say. We will avoid dwelling on the atrocities committed in the name of freedom, order and other reasons. There, we move from comedy to tragedy. If you had, like us, an overall picture of these horrors, you would not instantly be able to get over it. The horror films, which some of you delight in, are the reflection of reality. This Earth is a breeding ground where the best and the worst are side by side. Thank God for being on the good side, for the moment.

Monday, July 26, 1999 - 8:00 a.m.

The tiredness caused on you by these messages makes you not really realize their importance. They express ideas which a Living Master cannot say or write. We have put forward rather powerful arguments in the previous collection. How could your Master have said that? We must proceed carefully in the approach of certain truths, so as to not shock you. The remarks of my son, even though moderate and well thought out, are often distorted. The abhyasis delude themselves and they spread falsehoods, as it has happened before and after the celebrations. We must be very careful; in spite of that, people become heated, often wrongly; they make up groundless stories. This is another human characteristic. They start with a piece of information, a sentence, a word, sometimes, to extrapolate and imagine that which does not exist. You must be vigilant about all these rumours, which disturb many of you if they are spread and amplified. Man is imaginative; if it's in the right direction, it is a quality, but one should avoid going too far. This is evidenced by the circumstances we have just mentioned. Remain careful, get confirmation of your sources from reliable people and all will be well.

Tuesday, July 27, 1999 - 8:00 a.m.

From the most powerful to the weakest, each one has one's own place and role to assume. Everything exists in this world; it is a breeding ground where the various species coexist, support each other, kill each other, or at best help each other. Differences are useful at the divine level where each nature can show its talents, develop qualities and exorcize fears and vices by following through horror. These beings will then be able one day, here or in another incarnation, to rise towards the light and be divested, with time, of this heavy carapace that hugs them tightly. Feel sorry for these souls that are still in such turbulences. Pray for light to shine one day for them. Be happy for having reached this stage where you start climbing the ladder of perfection. Reaching the first step is already in itself an achievement, given the way traversed. Be compassionate with those who are still in the jaws of evil, who are struggling like poor men when they become aware of their situation and do not manage to get out of it. Try to understand them, whoever they may be; have compassion. You do not know where you came from; therefore, you should cultivate tolerance at all costs. It is a major quality; it can only serve your own evolution.

Tuesday, July 27, 1999 - 10:00 a.m.

You are fortunate to be among the privileged people. We are not referring here to material goods, our sole focus being spirituality. In spite of what remains for you to achieve, you belong to the 'good seed'. Therefore, you must forge ahead without wasting time in this incarnation. You do not have any more excuses, your eyes are opened to reality, you know the rules; it's up to you to respect them and to use them advisedly. Life is like a battlefield where anything can happen; there are those who lose and those who win. That is the way it goes since the mists of time, and by and large, that is nowhere near to changing radically. We are striving for that but the transformation cannot be brought about with a wave of the magic wand. Be conscious of the frailty of life; from one moment to another, the best as well as the worst can happen to you. You can lose everything instantly, in terms of your material goods and your affective relations. Cultivate unremittingly your spiritual capital. This one cannot be raided; nobody can take it away from you. This good is yours; it is intangible. Never lose sight of this fact. It is reassuring for you to know it. Open your eyes on this aspect of life, if this is not done yet.

Saturday, February 25, 2017 - 10:30 a.m.

So many disturbances are not conducive to this contact; it is nonetheless a blessed moment when the best can be accomplished. This heart-to-heart will leave its mark in time. How many of our abhyasis will follow it with faithfulness and enthusiasm, without neglecting all the factors necessary for it to be developed in this world. May all our brothers and sisters open themselves to the splendour of the Spirit and climb with fervor these steps leading to bliss. To all, peace and love on this unparalleled journey, under our blessings.

Wednesday, July 28, 1999 - 8:00 a.m.

M: "How should I take this message, Babuji?"

B: For what it is: a warning for the future. Be surrendered, my dear daughter, nothing can change the course of events, whether good or bad. The wheel of life turns with its trail of events which often turn out differently from what we imagine. The only thing to be done is to beseech divine grace and to take tests as blessings. Our program is not very heartening, certainly not to your liking, but that is the way it goes. In the future, a new world will be built. The set up will have to be changed; you will need to face up to things and adapt yourself. It is in certain circumstances that beings really reveal what they are. The strongest will have to help the weakest. They will have the opportunity to show their true face. It is easy to be good and generous when all is well. In general, the reaction in dramatic circumstances is 'every man for himself'. Some very sturdy souls react differently. We try in small touches to make you understand that the future is no bed of roses. My dear children, we will always be close to you. The destiny of each one must be fulfilled. That is the way it goes, it is the divine law, and no human can escape it. Be at peace, my child. I carry you in my heart.

Wednesday, July 28, 1999 - 10:00 a.m.

Remain calm; you have sufficient resources inside to face up to things. Since the beginning of time, there have always been tragedies. Some of them are in the order of things, i.e. of divine order: creation, destruction, as well as other destructions caused by men. The Earth stands at an intermediate level of evolution in comparison to all the other planets. Certain individuals believe they are geniuses, and they make discoveries, sometimes prodigious, but they use them wrongly. What should help humanity can also destroy it. As long as this planet will remain at this level, one will have to expect that it will undergo this kind of fate. Poor Earth, poor fellows, those who did not do anything to arrive at this will be on a par with the others. It is necessary to keep a glimmer of hope for a better future here below. After many upheavals, people will turn to the essential goal; this is what we hope for the majority of them. Remain focused well on your personal work. It will forbid anxiety and despair for the remainder of your life. Some will return towards us, more quickly than envisaged; it will be a grace for them. They will finish their remaining work in another way. Be in utmost surrender. Don't forget that you must set an example in this area.

Thursday, July 29, 1999 - 10:00 a.m.

Relax, otherwise we will not be able to communicate. Arrangements will be found to provide you assistance. You are appreciated by a certain number of people who will not leave you in difficulty. Regain heart, my daughter, whatever may happen, life will continue. The Earth will not stop turning for all that. What else can we tell you? We are not the Masters of the world. We act on many planes and in a certain number of situations, but we cannot resolve everything. No Master has absolute power; even if some have very extended powers. As the last resort, it is God who decides. May the sun continue to shine in your heart; drive out this anguish, which is not usual in you. You have never lacked grace. Be positive in spite of everything. Let us together continue our work with this great joy prevailing in our communications. Achieve your mission, with all your heart, while surmounting the states of tiredness it generates in you. It is very enviable in many respects. Be like an active bee, which accumulates its divine nectar. One day, these messages will be taken into account and appreciated at their true worth.

Wednesday, August 21, 2002 - 8:00 a.m. Smile at life, my dear daughter. Focus on the extension of this incarnation and pursue its development without wasting time. There is always some way of doing better. While advancing in this search, happy prospects are unfolding for you. Let your heart be in jubilation; does it not have good reasons to be delighted? It is opening more and more to love, which guides it, answering our wishes. Being joyfully receptive to the divine ways in utmost surrender fosters progress. The road thus becomes luminous, all shady areas having disappeared. Resume enjoying life and fighting, for the love of us.

Thursday, July 29, 1999 - 8:00 a.m. My dear daughter, Yes, many heads of state of important countries call upon great mediums; this is not new. This gift is not seriously regarded in that country; the scientists instead, are deemed more reliable and respected. You are well placed to know that people's minds are not really open on the issue. As the world cannot be changed, your activity should be focused on your spiritual progress. Only this dimension will lead you to the 'true' knowledge. This one is the most important; it will be the key that will open the doors of the heavens to you. Your stock of schooling, as well as your other properties, will remain on the Earth. They will have helped you for your development in this life, in your various activities. They will be no longer useful to you in another dimension; therefore, you should not be proud of your knowledge and your financial status. You will have to start all over again on other bases. Your soul, in a pure state, is divested of this kind of asset, which is the fruit of a momentary incarnation. Anything is useful to create a liveable world: scholars of all sorts, manual workers. How would your society be without this diversity? That creates a balance that benefits you all. The baker is quite as respectable as a high level graduate. You all should consider yourselves as being equal, complementary and indispensable to one another, at levels that you cannot even suspect. That is the way it goes.

Friday, July 30, 1999 - 8:00 a.m. As I have already said, even equipped with exceptional powers, we cannot infringe and rush the divine plans. There are devastating wars, monstrous events of all sorts, which we cannot avoid. We must remain within our limits: the divine law must be respected. You see only what cannot be stopped, but you have no idea of what is being achieved in the darkness and of which you are spared. There is no rest for the chosen ones, ever, at any level. You should know that on this planet, as on the others, the divine laws are relentless. That's how things must be for the balance of the universe. Earthmen are troublemakers and dangerous elements. They endanger this order established so well, and must, alas, receive lessons in the sense of their harvesting what they sowed. Beside hatred and violence, which reaches its paroxysm, the universal harmony is endangered by the irrational inventions made by individuals believing they hold all the knowledge of the world. The Earth is in danger because excesses prevail at all levels. The law of boomerang will have to be put into action to calm down this diabolic play. My dear children, you should be moderating and luminous elements, in this completely mad system. We bless and inspire you in all circumstances.

Sat, Aug 1, 1998 - 10:40 a.m. (version 2) M: "Babuji, I try to do as well as possible to satisfy you..." B: You are making efforts, it is well. Go further ahead. As I already told you, perseverance is required to go towards the higher levels. There is a threshold where this becomes increasingly difficult. One must really remain focused on the goal to reach and go further into one's depths to be united with the Divine. Prayers as well as the impulses of the heart are not enough to go through the golden door—that which leads to the achievement of any true quest. Sahaj Marg is a simple spiritual way without any ritual addition, nor invocation of any sort. Its simplicity is effective when it is utilized as advised. We help our aspirants insofar as they work with ardour. We know that modern life, in the heart of the cities, is not conducive to contemplation; there is no need spending hours therein. One should only do what we recommend, with one's heart and also with love, which can only spread with time. With perseverance, all this will yield the best results. Blessings.

Thursday, July 22, 1999 - 8:00 a.m. If we observe you and highlight what must be corrected in your behaviour, we don't mean to play the bogeymen. A Master cares about his aspirants; he wants the best for them. If we do not do so for you, who will? Would you accept it of your family, of your friends? We are not judgemental; there lies the difference. We want to see you growing, divested from your dregs; our objective is very different. To alleviate your burden, to purify you and refine you in all your perceptions—including the ability to feel us by your side—all this constitutes one of the aspects of the spiritual work. We want to make you stronger in the face of tests, more detached from superfluity, this superfluity that can only weigh down your process. We suggest to you positive and constructive attitudes to mould your personality. A spiritual process requires efforts on all the levels. Following a method, even if it is effective, entails also a transformation of your character. It is a desirable whole, an utmost commitment, if you want to achieve the best results. It is a [personal] choice; we cannot do it for you

Monday, October 25, 1999 - 8:00 a.m. Letting go doesn't mean having no will anymore. Simply, in certain circumstances, one should not be obstinate and try absolutely to get what one wants. That might not be good for you. If a big project is not being achieved, one should see the hand of God in it. You were not supposed to invest yourselves in what you were planning to do. So don't hang on desperately, and be willing to turn the page. Whether it's the little things in everyday life or the more important issues for your future, what seems best in your eyes is not necessarily desirable for you. Do whatever it takes to obtain a satisfactory outcome, and then be willing to accept the result. Our views are not necessarily yours. We have to protect you from yourselves and direct you towards what is best, in the broad outlines of your existence. You have your own free will, and you are left with choices, unless they are harmful to your evolution. Whatever may happen to you, always see your destiny being fulfilled.

Friday, July 30, 1999 - 10:00 a.m.

Yes, my daughter, after all these Earthly tribulations, you will appreciate refreshing yourself from our sources. You will be able to regain your forces, to take stock of this incarnation and improve on what you consider as being insufficient. We want the best for you and will give you the necessary means for your utmost fulfilment. So, you see, this program is, by and large, not unpleasant. You will have all latitude to carry out what we will ask you. For the moment let's talk about your future life. You are on this Earth and you must finish what you had started. That is not to your liking, we know it. During many years, I had waited for the moment to go and rejoin my revered Master. My son is longing to come and rejoin us, but one's work should not be given up like that. He is where he must be now. The mission must be achieved, he must accept to complete what is expected of him, even if this task becomes very difficult to manage and sometimes to bear. That is the way it goes. Therefore, you see, we do not expect you to move mountains, but to do what is within your capabilities and which you do so well. We understand your impatience to leave your physical body and return towards the beings you love, we also went through that. The Earth is not an idyllic place, but it is useful for your education, for your evolution. Well accomplished, this Earthly process will enable you to pass through the stages more quickly and to reach higher planes. Believe it, it is worthwhile, therefore, you should keep heart.

Saturday, July 31, 1999 - 8:00 a.m

The wheel turns, happier days will come when these housekeeping worries will be behind you. You are not lucky in this moment but these are the events of life. Let this not affect your morale. You have enough to feed yourself on, my child, which is not the case, as you know, for many human beings. Your sufferings have a completely different effect; the precious stone changes and takes on a beautiful brilliance, which we are satisfied with. Make sure you don't think that we observe you to criticize you; we have already explained ourselves on this issue. We simply want to mark the ground you are walking on with a white and straight line, which will spare you going astray so that you can go as quickly as possible to the goal. Isn't it actually what you want? We do not judge you and we don't watch—with sadism—for an opportunity to criticize you for one reason or another. We have other things to do; we love you, quite simply. You had entrusted your spiritual life to us; what could be more normal on our part than pointing out what you should avoid doing and what you must try to change inside to facilitate your process! Isn't this the normal behaviour of an affectionate father? We are in a special course of life; we want you to have the suitable assets for what you have undertaken to follow, i.e. a true spiritual process. You have a good choice. We ask you to understand the reasons for our remarks; they go in the right direction, that of the love which must illuminate your life.

Saturday, December 2, 2000 - 10:30 a.m. Humans will increasingly suffer from such disorders, accentuated by the imbalance of ambient vibratory fields. Minds will have to open up to this reality and work in their own sphere, so that this aspect of things is no longer ignored. Humans are plagued by unexplained ailments and this phenomenon will increase in the future. After a lot of research and misinterpretation, a real solution will be found to these problems which are currently poorly understood by science.

Tuesday, December 21, 1999 - 10:00 a.m.

We love you; never doubt it, even if your life is not as you would like it to be. We give an equal amount [of love] to each one of you, but your processes are different and are adapted to what you must achieve during this stay on the Earth. God has multiple resources and He knows how to make you receive exactly what you need. You should consider yourself happy with your fate whatever it is. Do not see injustices where there are none; your lives are different, that is all. Love one another. At the risk of repeating ourselves we say to you: accept one another for what you are, with your respective characteristics. Look at the most unlucky people, the most deprived ones, at the end of this year when so much money is being spent on trivialities, whereas most of the beings living on Earth die of hunger; think on it.

Sunday, August 1, 1999 - 10:00 a.m. You, we ask you to endure your current life, as much as possible with a smile. Many of our aspirants are disappointed; they thought that their having a Master and being in a way like Sahaj Marg would eliminate their family and health problems. If you knew our lives well, you would see that we were not saved. You settle up the remainders of previous lives, and the mistakes made in this one. No way, no Master, whatever his stature, will be able to resolve your small problems to your liking. The objective does not lie there. You must understand it. If you follow us with this kind of motivation, that will not happen. Our goodwill cannot make you walk on a carpet of roses. The roses, you have them, but the thorns too. Study the life of all the great Masters who had punctuated history and see what they experienced to reach the highest level of holiness and what all they went through. It is by going deeper and deeper inside yourselves that you will find not only answers, but the strength to endure what you have to live. Without this obligatory process, there is no possible evolution. You should resign yourself, either you advance in wisdom and you accept your life, or you stagnate and refuse and you have to follow the same path, without grace though.

Friday, July 23, 1999 - 8:00 a.m. You see how sad it is to live with blinkers, like this couple in your family. Suppose you were in this frame of mind, believing in nothing, neither in God, nor in another life after this one. It's alarming; you were like that in other incarnations. Pray for them; they are nice, these youngsters. You must help them. How many souls are still at this stage! You see the remaining amount of work and why great beings become incarnate to make humanity advance. The work is enormous; it is like walking in an endless desert. It is disconcerting, when one takes part in this action. There is sometimes a crushing feeling, a painful despair in the face of the task to be achieved. Humanity is inching forward, we must make do with the results achieved, even if on certain days, they seem derisory to us in relation to the remaining task. We do not want to conclude with this pessimistic view of things. The pace of work is not as high as we would like it, but we have to be content with it and continue unremittently by ensuring that many more souls open up to the divine light. It is the goal of all of us, incarnate or not, to see to the successful completion of this work. Help us by meditating and praying for spirituality to eventually dominate matter. May it transform the beings and the things, here below, definitely.

Saturday, December 4, 1999 - 10:00 a.m. You may find our comments exaggerated, but we who have a complete view of what is taking place on the Earth, we have grounds for being dismayed. France, compared with other regions in the world, does not have too much to complain about for the moment. Please do not forget that in certain countries terror, famine and complete insecurity prevail. You are privileged people; do you really realise it? The Earth has entered a very harsh stage of its evolution. It must go through the torments that we have just mentioned. Let us not go any further for the moment. You must live in the present by keeping a positive view of things. However, one should not close one's eyes; you are men and women of this time and you must face up to things. All that happens to you in this life is within your capabilities. You are fortunate to have the recourse of faith; it is a great force. Continue to move on and to advance towards perfection; it is your salvation. Be blessed in all your undertakings and certainly do not have self-doubts if everything does not happen as you wish.

Wednesday, December 20, 2000 - 8:00 AM Life is an experiment field; each moment gives you the opportunity to surpass yourself. Meetings, challenges, joys and various emotions mark out the days. There is the unexpected, the unhoped-for, and the invariably repeated acts. Your days are punctuated with your spiritual practice, which changes them by giving colours and opening a window onto the unknown. You scan the sky and see stars twinkling in the firmament. They make you dream of other worlds, which you would like to visit. These thousands of stars shine in your heart, all of them carrying a different life that opens on to infinity. It is enough for you to follow the most accessible way, so that unknown prospects present themselves to you and fill you with joy. This way out is accessible to you. It is up to you to make a judicious choice. We speak in metaphors to encourage you to follow this treasure hunt. It is up to you to make the necessary efforts, but be assured that you will achieve what needs to be achieved. You cannot get lost, since you have a Master and a simple and effective method. We watch over your development, letting you advance through the mazes of a faith which carries the greatest hopes.

Friday, July 23, 1999 - 10:00 a.m. What you call beauty is not important. It is so insofar as the person radiates kindness and the light of his soul. Your criteria of beauty are very uncertain and so different according to the races—to an extent, which you cannot realize. You should not dwell on appearances, but only see what emanates from the heart and is reflected on a face. With time, a true spiritual work not only transforms a being in-depth, but it changes his expression. Even if at the beginning he was not blessed by nature, his inner beauty can illuminate his features and make him beautiful. Physical beauty is short-lived; what remains is only the beauty of the soul and the luminous aspects it manages to show. Try to find this beauty in your brothers and sisters, even if it is not apparent. Only it matters, the rest returns to dust. It's all mere illusion in matter. Train your eye to detect the treasures concealed in certain incarnate beings, which do not attract your attention, not at all. A gem can be hidden in the heart of a stone, which you call a geode. That is only an image meant to make you become aware of the fact that, very often, you rely on appearances. You can be mistaken grossly, and be misled in your judgements. Try to grasp what emanates from the heart of your fellow man, without limiting yourself to his face; this will be wise of you.

Sunday, February 17, 2002 - 10:00 a.m.

Two quite distinct personalities, but two hearts merged into the divine power to work along with it, with all the mercy it is capable of – thus is established a sacred union between the Master and the chosen disciple on that plane. It is about joining forces, so that the willingness to serve becomes true. By joining our forces on different levels our action is increased tenfold. Love acts; it works wonders dedicated to the glory of God. We are servants, this should not be forgotten; there exists a hierarchy there too. Each one has his range of action and he works for the common good. To answer your question, my dear daughter, why couldn't you serve us when you have left this Earth? Isn't it what you are already doing? You are engaged in this way, which corresponds to your deep desire to be at our disposal. It is a state of mind that is nowhere near changing, even after the soul has chosen to carry on its path in other places. This need to love and to be offered to the acting divine forces will continue to be, and will be used according to the established plans. We follow you and will not lose sight of you, no matter what happens. Don't worry about this aspect. Blessings to all.

Tuesday, November 9, 1999 - 8:00 a.m.

You can observe around you how much the reactions of individuals who are placed in the same situation can differ. You can see it with regard to these messages; they do not resonate in the same way in each one of you. There are on the one hand the facts, and on the other hand the receiver. What does he live inside? Where does he stand in his spiritual process? What is his personality, his character or his intellectual level? These are the many aspects explaining why what we are saying will not be perceived exactly in the same way by you all. As far as you are concerned, all the five of you, there are no big differences. With time, our comments have moulded you in some way and a kind of harmony reigns among you on the spiritual level. We would like it to keep progressing towards the forming of one heart; this is only an image. When a father feeds his children in the same way, he does not expect them to be a replica of each other. He only appreciates that a certain frame of mind brings them closer and really unites them on the main thing. You will have the opportunity to reread these messages. By becoming more imbued with them, you will better understand this one.

Friday, December 24, 1999 - 8:00 a.m. Yes, my child, you should be completely in a state of love; it is your best food. Let your heart go. Do not repress any of its impulses; it cannot mislead you. There is nothing sadder than a being whose heart wilts for lack of love or out of fear of expressing love. Humans bring sorrow to themselves by being egotistic, self-centred and indifferent to others. God is love. One should love God; one should love love, love one's fellow man without counting, without reserve. Humanity needs it so much. It needs such a tremendous amount of love so that it does not disappear like a drop of water in the desert. Love is a scarce resource, yet you should give it unrestrainedly. It will be returned to you hundred-fold. Do not start seeing only the repetitions; we like using them when we deem it useful. You had asked that these messages continue, so you should have expected things to be like this.

Wednesday, July 21, 1999 - 10:00 a.m.

M: "Babuji, I am single-handedly facing up to everything. How should I proceed? On certain days, I just don't cope. Babuji, on some days I would like to retreat into a convent, where Sahaj Marg is practised, of course. I wish the dream of having this kind of facility could come true, but the Mission's role is not to take in disabled people.

B: Don't let so much of your energy be distracted by problems of everyday life.

Don't put so much effort as you are doing; let things take their course. You have to make this choice. As long as you will live in this building, in spite of the trouble you are taking, the results will not be satisfactory. You also want to do your best, but you do not have the necessary strength any more. Save yourself as much as possible for what we ask of you; the rest is material, therefore not of the highest importance. If the channel is overloaded, how will we proceed? With the Mission expanding and being restructured, this kind of place might be considered. Retirees could live permanently therein, with autonomy and independence, while joining their means and leading their spiritual life together without being isolated. It's about a special ashram, two-fold, each person being at home while living in a commune. I trust one of our responsible people will have this idea one day. Let things take their course, my dear daughter. Perhaps your expressed wish will come to being one day, and if you, yourself, don't benefit from it, the idea will have been launched. It may come true—why not—and benefit other abhyasis in the same situation as you. Think very strongly of a place like that one—you never know. Rest imperatively, regain strength for tomorrow.

Sunday, November 7, 1999 - 8:00 a.m.

This doctor has a good approach to the reality of the heart. Important aspects escape him, but he has a good understanding of the issue. A day will come when all that we say on the 'heart as the seat of the soul' will be proved scientifically. Dr. Pearsall went through a spiritual process which opened his comprehension. It would be good for abhyasis with sufficiently enlightened minds, and ready to understand his comments, to read this book. In the future, all will be provable; what is explained in our books is not very comprehensible yet, but it will be so for future generations. Some of you need to rely on almost mathematical data, as your minds are configured thus. There are various ways of addressing such important questions. There are intuitive people who accept straightaway and there are the arguers who need rhetoric to reinforce their way of thinking. Whatever way is followed to reach the goal, what matters is to reach it.

Sunday, December 12, 1999 - 10:00 a.m. Being so close to me, you could only attract His attention, what could be more natural than that? You see well that we accept you for what you are. We feel tenderness for you because you can recognise your weaknesses. So many human beings believe they are perfect and assume the right to judge others for no reason at all, to a pathological extent. They had better look at their own garden and focus seriously on the weedy grasses therein, before dwelling on their neighbour's. You can see that if we speak to you so often, it is sometimes as a pretext to arrive at general remarks. We repeated it enough to you, all has its *raison d'être*. Each one of you is a case for us, we observe you and we surround you carefully. What gardener is so equally attentive? Do you realise that you are constantly under observation? You are never alone, whether you are happy or unhappy. We do not take our eyes off you.

Saturday, December 11, 1999 - 10:00 a.m.

M: I am only a small nothing laid on your heart and I benefit from your divine vibrations. Thank you, my Beloved; thank you for all.

B: Yes, my daughter, plunge into yourself with delight, words will come later. It is not easy to write in this state; let your hand do its work and let your heart be delighted. This situation I am well placed to understand, since I experienced it far before you. This 'small nothing' is earning, gradually, its acclaim and does not want to realise it. You are right, it is not important to know. Not knowing any more is utmost surrender. Live these moments intensely, they are precious, unique and are never repeated in the same way. To reach the state of no-knowledge, of no-feeling, is sublime, ecstatic and indescribable. You all must manage to reach it; you know the process that can lead you to it. It is the best objective that you can have. With our blessings.

Saturday, June 1, 2002 - 8:00 a.m.

A lifetime is unique; nothing can replace its educational dimension. Each moment is enlightening. Seen from this aspect, it energises the existence of humans. It is better to accept setbacks rather than to mope. It is not always easy to adopt this state of mind; the passing of time and growing wisdom facilitate such an approach. Each day adds a touch to this huge picture, the overall spirit of which is by and large set at your level; it is enough for you to polish up its details. You generally apply yourself to it meticulously. Your sadhana transforms you from inside and allows you to add depth and to smooth off the rough edges, here and there. Seen from this aspect, life takes on a different significance and motivates one positively, which makes this spiritual landscape more interesting. It is about you, about your becoming, and about your fulfilment as a human being, but especially about your spiritual development in the most satisfactory manner. As soon as you know exactly what you want to get and why you must act like that, there is no limit to what we can hope for. You are on the right track. You are fully aware of it and you act with complete freedom, well determined to shape the divine life, the divine being which you already foresee.

Wednesday, July 24, 2002 - 10:00 a.m. My daughter, love him – your Master – infinitely. Your souls and your destinies are henceforth interwoven. Let this love, wrongly contained for too long a time, express itself. In this commitment, only the present matters, the past is abolished. Your story is important; it starts now. It lies within the scope of our Mission where it will leave its trace. History, as usual, will let facts clarify themselves and make beauty consequently emerge. God leaves deep marks in the hearts that He chooses. He marks their path with rare flowers that attract the eyes of those who follow after them. Everything is planned and set in advance; no one can escape this choice, which has its *raison d'être*. Let your heart open more and more to love; don't fear this acceleration, it can only lead you towards enchanting shores and sites. It is all so simple in our way. When he himself has managed to attain true simplicity, the abhyasi can finally understand it and appreciate it by seeing in it the true attraction of his process.

Friday, April 14, 2000 - 8:00 a.m (V): There comes a moment when one can stop and look back. You can do it. What can you see? Would you like to go back to the starting point? M: No, on no account. Each step is a step towards progress and I prefer to look ahead of me, with the hope to do better. My heart would not stand to lose what it believes it has acquired. V: One can lose much in this life: health, wealth, work. Those goods are never definitively possessed. Such is not the case for what is built in this holy place within the heart of the being. The real pearls that accumulate therein with the passing of time are precious and indestructible. Nothing outside can destroy them. You are the only custodian of this treasure and the onus is on you to preserve it. You are your own banker and you want only to make your assets yield a profit. Your principal value is 'love'; it is a good investment. Never stop accumulating this kind of wealth and living on the graces it provides.

Monday, May 27, 2002 - 8:00 a.m. The beauty and the greatness of a spiritual way stem from its effectiveness and the love instilled therein from Master to disciple, and vice-versa. They belong to the divine plans at a given moment in history when the world needs it. Many spiritual and religious move-ments have existed and disappeared with time, leaving no trace in the memories. It has always been like that from time immemorial. A new era is in the offing, which calls for changes suited to the real needs of men and their evolution. Many people are in search of a more mystical way, beyond dogmas and rites, a more personal and interiorised way. They are motivated by a very strong need to discover in themselves the truth, and they desire to take this hidden path that will lead them to the heart of diversity. They don't want a complicated system but an easily applicable one that would yield the expected results. Today's man is demanding. Coming from an output and productivity-based society, he has his own search criteria and a precise plan of success. In the world that we are interested in here, everything is not so oversimplified and subjected to success-related statistics, but our way can offer a lot to the genuine seeker ready to put himself sufficiently into a true spiritual process.

Thursday, May 30, 2002 - 8:00 a.m. Preserve your heart to serve us. Make sure you spare it, to save the best for it, so that it keeps listening to our voices without being disturbed. It should no longer let itself be affected by improper motives; has it not chosen to follow the most direct and simple way? Humans are unceasingly confronted with choices that are not always easy. Good sense must prevail, but they have to overcome so many fights and combats. Their following of a spiritual way helps them to hold course and more often than not to avoid the pitfalls. Each day brings its share of temptations. What is the point in fighting, our aspirants think sometimes. They sometimes happen to break off momentarily in their daily practice, but they feel the resulting emptiness and they set out again, more determined than ever, in pursuing their efforts. They grew weary of acting in a whimsical way; a little more rigour brings serenity to them. Following a spiritual way enlightens them; the more they advance, the more they realise the need to devote a moment in their day to this search that embellishes their life. It is no longer limited to the vagaries of this world; other prospects open up before them which comfort them and encourage them to continue.

Monday, February 27, 2017 - 5:00 p.m.

This time slot is not usual, and yet it presents itself this way at our convenience, to maintain this precious thread between our hearts. The messages have become a very rare asset in our Mission, and they will remain so, you can be sure. In the future, they will become the main symbol of Sahaj Marg. All is well, except for this additional difficulty for you, on top of what is already there. Remain confident; we are by your side.

Fri, Sept 24, 1999 - 10:00 a.m..

There lies the secret – detachment from life's events. Interiorization can really take place only when you all are able to separate yourselves completely from your surroundings, whenever you wish. One's mind must let itself be disciplined, like a restive horse under the expert hand of the rider. You must be able to close the door to the world when you see fit, and generally not let yourselves be affected when you are in the movement of life. It's all about observing your reactions, your behaviours – a work you must carry out – and even if you fall sometimes, never lose heart in the face of difficulty. You will all derive from it extremely tasty fruit and you won't regret your efforts – try!

Friday, May 9, 2003 - 10:00 AM.

A spiritual way like ours makes it possible to guide souls that are ready to rise up. It represents an effective means accessible to today's men who really want to take the trouble to make efforts to this end. Divine plans are taking shape in view of this: to see humanity reaching another level of consciousness, which will make it ready to grasp the great truths that currently escape it. Sahaj Marg is a big movement that will contribute more and more to preparing the spirits, enabling them to advance in the history of the Earth in terms of its evolution. It is not easy to imagine the future impact of our way and what it will represent for this world. It takes time for the magic of words to touch the spirits. The most known teachings on this planet took, in some way, centuries to reach the hearts. From time immemorial, the same phenomenon took place, but the source is running inexhaustibly as it is of a divine nature and it is making its way at all costs. The evolution that is dawning calls for other voices. They will make themselves heard, benefiting from the current means of communication through which each one has the possibility of being informed at home through books, and more and more also thanks to modern technology. This accessibility is as of now at the disposal of a great number of our brothers and it will keep on developing. Our way will not be outdone in this regard and it will carry the Masters' words very far to those who, one way or another, will seek it.

Wednesday, May 19, 1999 - 10:00 a.m. You all are privileged. You know where you are going. Think of all those who don't have this hope and don't know why they are on Earth. To get to where you are, you've garnered from previous lives. You are on a spiritual path that takes you to the next level. You will save a lot of time if you don't waste it by being lax in your approach. Be very active and surrendered to the Divine, to your Masters, who are working for your future realization.

Sunday, January 24, 1999 – 9:30 a.m

End of Basant. Meditate, immerse yourself in light, it is the remedy for all ills. Dive into this ocean of peace and love, there where human constraints and baseness have no access. When you all truly know how to taste this unadulterated joy, you will have found paradise. Make efforts to reach this shore; it is worthwhile. What more can we say, my child, except to tell you time and again to unite yourselves, to gather together in faith. You all focus on the failings of your brothers and sisters, who are doing the same themselves. You waste your energies in reinforcing the shortcomings of others, when you have your own to deal with. Know that you see in the other what isn't going right in you. Reflect well on this behaviour, you poison your lives by seeing only the negative aspects in your fellow creatures. Beat your breast, remain in utmost humility with respect to yourselves. It is the starting point of every true and sincere sadhana. You won't be able to really advance without this bad habit being 'eradicated'. Then, the way will be luminous. You will see only the good in the other, and this will rebound on you. You will be able to 'love' truly; love cannot weigh itself down with such burdens. Think of what your lives will become while advancing in this beautiful way. You will make giant steps forward and your hearts will be light, happy. Watch your words, which can be dangerous. They can also do good. It is an exercise that requires attention in the beginning, but you will be happy with the outcome. The spiritual path is a struggle against self, aimed at attaining harmony. Your purity of heart must manifest in all your actions.

Sunday, May 25, 2003 - 10:00 AM

Clear your mind. Move up toward the level where we can meet and communicate. There, you can forget all that weighs on you here below, and this communion is a solace to your heart. Some days are more favourable to our contact; you are doing your level best to properly catch us. In some circumstances, it is not easy for you to perform this ritual. Your love and faith in us carry you; it's worth repeating that this attitude is necessary for spiritual practice and activities resulting from this commitment. They represent an absolute priority but all our brothers have not been willing to engage in this kind of priesthood. Everyone does his best according to his motivations. While you persevere in following us, a heart impulse contributes to reinforcing the spirit of our system. The fact that hearts are united towards the same goal, which is supported by a vigilant Master, leads to the success and development of a way destined to impress itself in the world. All forces are uniting towards that end; each one of our brothers should be well convinced of his role within our Mission. Each one of them has a place assigned to them and which is part and parcel of a whole belonging to the beginnings of the new era which will change this world from what it stands now.

Saturday, September 8, 2001 - 10:00 a.m.

My son is going through a difficult path; whatever the level of realisation, life does not spare anybody. The sense of service must prevail over everything. For what other reason would these beings you call Masters return to this Earth? It takes a lot of love, courage and abnegation to be completely devoted to this great and divine mission. Humanity cries its suffering; there are many reasons for it: intolerance, arrogance, and greed for gain, which inevitably yield karmic effects. This is endless; it is necessary to change hearts, failing to change the laws and practices established in this world. Our efforts are focused on this point; it is a phenomenal work that cannot succeed quickly. We must nevertheless prepare future times and preserve some solid strongholds which will not only resist under the storm, but also become the headlights of the world to come. You also should strive to contribute in your own way to the preparation of this reign of peace and beauty.

Monday, October 18, 1999 – 10:00 a.m.

Take an effort to free your mind from material contingencies. Don't you have your secret garden where we meet? Can't you bear the situation a little longer? Perfection is not of this world, you know it. You will never be in harmony with all the beings around you. There is a flip side to everything, nothing is ever all white or all black. A little more patience, my dear daughter; paradise is not on Earth, but better days may yet come. Always have hope – don't you trust us anymore? You know that, in all circumstances, we act only for your good and that of those who gravitate around you, even temporarily. Look towards the light at the end of the tunnel, but, above all, don't forget that it is also inside you. Come and rejoin us there, it will restore your courage.

Thurs April 17, 2003 - 10:00 AM

Our abhyasi brothers and sisters are not alone in their process, they have a living Master who accompanies them and helps them at the highest level. This fact is of the highest importance, and they should not lose sight of it. It is obvious that one's Master should be venerated. What could be more natural than trying to return to him, however little, a bit of the love that he hands out so generously to the souls left in his care! This exchange is in keeping with cosmic laws supporting the communion of souls that are longing for being divinely united in order to go towards the desired source. The way is long and fraught with difficulties, which the most sincere in their process and the most motivated cannot surmount without help. Until the end, the Master is and remains the most reliable guide towards the attainment of the goal. Our candidates should never lose sight of this aspect of the sadhana. We have repeated it many times, but some of our brothers end up forgetting it and decide to pursue the way alone, which had started so well. We cannot go against their choice, but only sadly note the fact. Our way is free and open in many respects. We do not impose anything, except the fact of complying with some elementary rules. Then, it is up to each one to make choices according to their motivations. The Sahaj Marg Mission too goes on its way which is predefined and whose light will become increasingly necessary to humanity.

Sun, May 18, 2003 - 10:00 AM

These messages create an additional bond with my son and he does not seem to complain about their style. Be reassured, we want them to be easy to write, so as to reach the greatest number of people. Reading through the heart requires this simplicity. Once the syntax has been respected, each reader will be able to find in them something likely to enlighten him, if he feels through the heart what is beyond their formulation. Knowledge is not innate in man; it is good to remind him of some elementary bases. Some readers raised the same criticisms about our books, that the writing was not literary enough. A superficial reading can indeed cause this reaction. They were not written for scholars, for whom there are already so many of that kind. Nevertheless, failing to understand some of our books, our brothers forsake them. We cannot satisfy everyone, and that is not our goal. We put some elements within the understanding of all our abhyasis to help them in their quest. We have no other ambition. The way they are received does not allow the use of very elaborate sentences, which would not serve our purpose better. Each one has too much to do to progress in the spiritual way. The most brilliant candidate, though educated he may be, has a lot to learn on the various aspects which we raise here. Arguments presented in a very simple way are more likely to actually reach the heart, which needs a suitable food seriously lacking to it. The soul aspires to rise, to find the favourable outcome to this heavy captivity. The least of things occurring to it fills it with pleasure. We wish to help all our brothers, whatever their intellectual level. We are here in a different context, which we wish them to be satisfied with. We bless them and wish them a good reading.

Sunday, September 9, 2001 - 8:00 a.m.

M: My Beloved, take me along on to the summits, where air is pure and love is victorious, far from the miasmas of the Earth, and where my heart would be happy. It aspires to purity, to infinite greatness, to beauty and total harmony. May you ensure that one day it is worthy of all that. B: My child, dreaming of perfection is already glimpsing it. The climber at the foot of the highest mountain of the Himalayas stares at the summit. He sees only this: the objective to be reached. He is ready for any sacrifice, to go beyond himself, to surpass himself. His condition must be the highest possible. He is aware of these requirements, he accepts them, and shapes for himself the good spirits of a winner. This example tells us a good deal about the requirements of your aspirations. Nothing is impossible to one who is actually willing. Love can win over anything; it is the very powerful key to open the doors that are the most secret and most difficult to access. May your heart be and remain in the best condition possible; it is advancing on a well-charted and safe path, supported by the best guides.

Wednesday, December 29, 2004 - 10:00 AM My child, remain meditating and pray for all those who are suffering, torn by terrible ordeals. May they find comfort and relief in themselves! Let us leave off there, rest imperatively, and let us remain in union of heart. Be blessed and strong.

Saturday, August 3, 2002 - 8:00 a.m

What you are experiencing is exceptional. Do you realise it? Whether these messages are recognised, appreciated or not, they exist; it is the most important thing. So will they be by the majority of the abhyasis when the moment has come for them to be known. You are doing what you have to, and what your heart dictates to you; it is necessary to leave it there. There cannot be general agreement about someone. A human being tends to reject what he does not know. Let us continue for those who advance with confidence, and who do not judge blindly. Although they do not go through similar experiences, they do not have blinkers on and do not want to be locked up in a state of narrow-mindedness, which would limit them in their way of seeing life.

Saturday, May 17, 2003 - 10:00 AM

The garden of delights is in you. Your heart is this marvellous place; it deserves not only the care of the 'divine gardener,' but also all your vigilance. It requires a permanent attention and cannot stand any negligence when it aspires to perfection. You know what is said here. Does it appeal to your heart? Sahaj Marg could be compared for the present circumstance with a handbook, divinely inspired, efficient and capable of meeting this need, the true beauty in this place having its requirements. It is not complicated to follow, and it is in line with the profound aspiration of the being, which is the research of the divine source, capable of quenching his thirst. We try to touch the heart of our brothers, though our remarks are not always well received. Will these remarks manage to reach them, to awaken in them the desire to do more and to put their entire ardour in climbing this path, which often seems arid and endless to them? An incarnation on Earth represents a short period of life when many possibilities are offered to the soul to foster its evolution. Is the motivation there? Will it be able to take advantage from it and make the good choices necessary to successfully complete this search? We are one of the ways suggested to man of this time, to lead him towards his higher destiny. Is he ready, does he really so wish? We cannot decide in his place. Man has his free will and he keeps the possibility of choosing, of making necessary decisions, when time had come to act effectively, the inner appeal for the Divine becoming urgent to him.

Friday, January 6, 2017 - 10:00 a.m. All those who are helping you on this path that is so special for you will not regret it; one day or another they will see the fruits of it. Each person has his or her own life and Karma; such is the principle of reincarnation whereby everything is governed by divine laws, which do not correspond to human aspirations. Doesn't everything have its *raison d'être*? Why not repeat it again and again. Each message is a pearl on this sacred necklace which brings to the readers much more than it seems. The number of these messages is so impressive. Being unique, they will leave their mark on this Mission for a very long time. In the future, a chosen place will be reserved for them. Change is being felt in our Mission. In a certain manner, it is adapting to present times under the guidance of the current Master, who is totally invested in this extraordinary process. We are guiding him in our own way; we assist him, one could say, with much love. All those who are committed to the service of this Mission receive special attention from us. Each person is doing their level best according to their heart and their personal capabilities. To serve with total surrender denotes a potential, a special gift that naturally offers itself to the power of the Spirit, that which operates here for the good of the greatest number. To all, our very special blessings on this most blessed day.

Mon, August 6, 2001 - 8:00 a.m. Are you satisfied with the last section of the previous message, the way it has been improved? Words are important; your ears are sensitive to some kind of music. You are accustomed to a style, which may reach its target more or less. We must comply with the reactions aroused in you by these writings and adjust to your comprehension. Sometimes you may find our comments in contradiction with our books – it is nothing of the sort. Your spiritual condition has changed; your level of knowledge likewise. A regular reading of these messages gave you a more subtle perception of spirituality. Bit by bit, we make sure that your comprehension widens, which allows us to adopt a different approach adjusted to your current condition. We take into account your progress and the stages you have gone past as an aspirant to spirituality. By adapting to your progress, we foster in you heart knowledge and an esoteric perception accessible to those who follow us faithfully.

Thursday, November 18, 1999 - 10:00 a.m. Keep up your smile for me, won't you? You do not rebel any more in the face of ordeals as you used to do in the past. You thus realise the long way you have come. Even if this flame that burns in you flickers a little sometimes, you keep an inner state close to grace. We would like to be able to spare you from enduring all these physical miseries, but we cannot. You will understand it one day and you will thank us. When all accounts have been settled, the scales will be tipped toward the good side and then joy will not desert you any more. We have managed to make you lay bare your heart by expressing your love for us; that has cost you much. It is not sentimentality on your part. It has required a very big effort from you which you had never done before with the beings you loved most on Earth. All that you can write in these moments when you are sent into transports of love and grace must be considered with respect. When the heart succeeds in expressing itself that way, we are in a state of utmost union. Those who will not understand it will have to be pitied.

Sunday, April 11, 1999 - 8:00 a.m.

We give you so much; can't you bear your physical miseries for the love of us? Your road is long and difficult. When you reach the destination, you will forget the stony path on which you will have walked for so long. It is necessary to go through all these tests; it's an initiatory process. We are applying a balm on your heart to make you forget the hardness of the ground you walk on. Your trials are proportional to the strength we give you to bear them. In the past, what you endured was more dramatic. Remember this: 'well-tempered souls are forged in the crucible of suffering.' Your body we cannot heal; your soul, yes. That's the essential. The Earth is a place of trials. You must all go through all sorts of tribulations; it's an obstacle course. Each one of you has your own, corresponding to your strength and inner nature. When you feel like complaining, think of those whose stay on Earth resembles hell, as described by some religions. Then, by imagining the worst, you will consider yourselves happy. Meditate, forget the world and your own worries; plunging into yourself, there you will find peace.

Saturday, July 24, 1999 - 8:00 a.m.

In this old Europe, one tends to mix everything up. The word 'sect' has become taboo. The meaning of the word itself is distorted. The media do much harm by speaking about things which they do not know, and by lumping all the spiritual ways together. Religion, even among non-practicants, still greatly influences minds. There is what is official, that is to say, institutionalized and therefore respectable religions; and there is what is not official, not institutionalized, and therefore to be rejected. These movements, which are supposedly not good for human beings, are then to be hunted down, without even knowing what they are all about. The word 'sect' produces a real psychosis, quite specific to Europe, and France in particular. Whereas religions that have not done only good, in the past and even nowadays, are accepted. That is the way it is, so many centuries of power over people's minds can't just be swept away. The teachings of the past Masters who have marked humanity have been distorted, utilized by the powers of money and personal thirsts for power. Such is the world; every-thing is dirtied. These Masters gave a moral code, a code of life, spotless and beautiful, entirely oriented towards the Creator and the creature. How many crimes were committed in the name of those teachings! Consider all that and see the simplicity of what you have found on this path, and its contribution to your life.

Thursday, August 2, 2001 - 10:00 a.m. Express only compassion and love for all these beings that are prey to the forces of evil. Be thankful for being on the side of those who aspire to be united with God and who work to this end. May indulgence and tolerance characterise you! Call love unceasingly, so that not only is your heart suffused with it, but also all your words and your acts. You are vectors in either category of individuals you belong to. Opt to go further and further towards good and beauty; we help you in this mystical search.

Monday, January 2, 2017 - 10:00 a.m.

Let us continue on this extraordinary journey of messages; they bring, and will leave over time, a very special image to this way of the heart. Day by day, this path nourishes people's hearts and moreover succeeds in leading them imperceptibly to a satisfactory level. Repetition is necessary here below; isn't everything built in this spirit? Every day the same gestures are made and the same words repeated, tirelessly. It cannot be otherwise. What matters is that which emerges from this process. Everything is being put in place, imperceptibly preparing the era of the future. It will be different in many respects; very slowly, it is becoming clearer in its objectives and in the good it will bring, not only to human evolution. All existing kingdoms will also have to adapt to the need for a wide-spread evolution. Everything cannot continue to stagnate in this way; the higher powers act in their own manner, with discernment and efficacy. Sahaj Marg, in this future, will have a special place, and it will be more and more appreciated. Nothing in this world is done without good reason, at least concerning benefits that can foster the spiritual evolution of a current world, far away as it still is from an overall state of grace. Let's do more than just dream; even if the best is put in place, perseverance will be necessary, in more ways than one. Be that as it may, the higher will prevail, this is how it is.

Sunday, September 16, 2001 - 8:00 a.m.

My child, let your heart sing, whether this song is joyous or sad, let it be a Love song, above all. Like a flame illuminating darkness, like a hymn to joy in this sad world where hope for better days should be kept. To secure his power, man persecutes and kills unscrupulously; nothing stops him. Despairing of being able to establish a world more right, here below, forces of good turn to the Supreme God and beseech his help to clean up this despairing humanity. The calls of your brothers are also made upon Him. In these times of tragedy, their number has increased tenfold. What can be done to bring back to their senses the wild people who do not want to see reason and who adduce their own right to justify their crimes? We suffer from the suffering of men. The murderous rage is contagious among them. Try [you, my child], try, you also [all of you], at least in your hearts, to transform this hatred into a song of love and peace using the secret alchemy that can take place therein. Pray, pray unceasingly, for the transformation of this world.

Sunday, September 16, 2001 - 10:00 a.m.

Your gifts are innate and we trained you especially for this work. We have our reasons that justify this choice. By giving you our confidence we had no doubt about the result. Your heart was completely ready to be fully committed and serve us with all the ardour it is capable of. These messages, when they are known on a larger scale, will mark a turning point in our Mission. They will shed a different light on our teaching. Our way is a way of love; this is how it must assert itself with time. Will it be well received by the men of tomorrow? We are working towards that. Only love will be able to save the world; the devastating effects of hatred are known only too well. A complete mutation is in the making. It will be necessary for horror to be exhausted before the mutation is eventually completed. Our Mission contributes to preparing the future; it is making its way in the heart of men, in view of future times. May the beauty of the souls and it alone, like a light veil, cover the entire Earth and transform it.

Wednesday, December 15, 1999 - 10:00 a.m. No matter what you may think, your comments in these messages are not silly; they 'humanise' them to some extent. Why always belittle yourself? Why do you mind other people's reactions? You are only accountable to us. Sometimes your comments are a plus as they make us underline or be more specific on a particular feature, which occurred yesterday. Move on without bothering about details of that kind. Continue to do your work as best you can; we are happy with it. Many are preparing to finish this century with excessive expenses, in equally excessive banquets; they are perfectly within their right. As for you, we hope that this kind of prospect is not amongst your main concerns. Joy, yes, why not; but, we hope you will have projects for your line of conduct on the spiritual level. It is the spiritual that can save the world and you are already engaged in this movement. In general, it is a period when one is tempted to take an assessment and make forecasts for the future; it is what you will be doing, we have no doubt about it.

Sunday, November 8, 2015 – 10:00 a.m.

All is nothing, God is everything – this notion is essential in the long journey of a soul towards its highest point of attraction, the connection with the 'Ultimate'. Each step is important, nothing is to be neglected. The true mystic is inspired and determined to move forward at any cost in the labyrinth of the Spirit, where only surrender can allow one to truly progress. Fears and doubts are recurring obstacles. It is not easy to eliminate them from a life comprised of so many difficulties on the material plane. The greatest mystics have suffered and endured multiple trials that still today serve as examples for the unseasoned seeker faced with the baseness of life. Faith and commitment help one build a strong mind capable of creating a barrier to the multiple trials that life holds. When one is truly engaged in this spiritual path, it becomes easier to endure a karma that is impossible to circumvent. The laws here are incomparably rigorous. Love, surrender and faith in the Master, who is invested with powers that he himself cannot really assess, are a very precious asset – invaluable, one might say. To each their faith, inner call and determination to conquer this sacred space within – one that calls and attracts beautiful souls in search of absolute serenity, that serenity which protects one from all the baseness inherent in humankind. Faith and courage to all, with our blessings.

Tuesday, August 3, 1999 – 8:00 a.m.

M: Babuji, this explosion on the moon, is it serious? B: Yes, insofar as there exist forms of life which your electron microscopes cannot detect. The human being is a large-scale predator. Humans believe they are a unique species living on a planet – the only one that can be inhabited. They are severely mistaken and the consequence of this insane act is incalculable. The council of sages, which monitors this world, is concerned about that. How to stop this madness of exploration and disastrous experiments? The Earth is dotted with nuclear power stations, some of which are rundown and capable of blowing everything up, causing the oceans to overflow, inducing polar reversal and other such delights. You have raised a query, which I have answered, but that is something you all know already. I do not want to frighten you; you have had inklings of these issues for a long time. The governments know it and do not change anything in their policy. They cannot backtrack although they know the situation in its terrifying reality. All of you, as citizens, you cannot change anything, or feel guilty in the face of such an irrefutable fact. Demonstrating in the streets would not serve any purpose. It is a monstrous system that will end by itself, after many useless upheavals. Energy can be found differently and simply, but the time has not yet come for that. You are using what these monsters have created and you cannot change anything. That is the way it is.

Friday, August 13, 2004 - 10:00 AM

Plunge within yourself, indulge in the delights which fulfil your soul and the secret door will be opened to let your heart be immersed in ours. This one is vast; it gathers the souls united divinely in serving a common cause. Let life rejuvenate you, my child. Leave sadness and worries far behind you. You need these pauses that show you that one day, once you have gone through the gate of the world where you are living, new prospects for your fulfilment will open up. That will not be an end, but a beginning. It will then remain for you to define it to your guides. Be serene, you are complying with what we await from you here below. A well- deserved rest, constructive and enlightening, will await you when the time comes. You have not reached this point of no return. After this contact, you will return to your physical body, once again, and a written page will remain, adding to the rest of these messages. The thread connecting you to us is subtle and thin, and yet it very strongly links you to our hearts. Yours, don't worry, is well moored to the shore and we are watching over this frail barque with love. In this contact, where your Master is present, are being consolidated necessary bonds between you both, for his action in an area where you are also playing a role. All this is in conformity with our wishes. Be confident, my daughter: what you do each day, in priority and out of love, is not banal, even if you cannot assess the import of it. Let yourself be carried in greatest surrender, continuing to be enlightened by associating with the Chosen ones of a world where beauty and purity constitute the essential features. Be patient and strong, we bless you.

Friday, May 7, 1999 - 8:00 a.m

You now have all the elements; the Master has done his work, it's up to you to do yours. We have encouraged you, advised you a lot. We have emphasized your faults so that you can correct them. What more can we say? If you all do your level best, all will be well. Your Master drains himself of strength to satisfy you and to carry out what he came on this Earth for. He only yearns for rest. Think of what my son is doing for the love of us, of you and humanity. Return this love to him, for he needs it. The life of a Master of this level requires very great courage and a sense of abnegation, which you cannot imagine. See what he has just done for the Mission. May your gratitude and your love support him in his task that is so heavy. He needs it. Feeling one's Master's happiness, abhyasis' happiness, can only support and encourage him – in spite of his pressing desire to leave – to pursue his way for the greatest good of all. Be happy to have such a Master. One day, you will realize how great he is. Open your eyes and give thanks.

Thursday, December 9, 1999 - 10:00 a.m.

It sounds trite to say that it takes all sorts to make a world, and yet it is a necessity which may not be binding on you, but which is real. Each element of a body, whatever it is, is important. There is a wealth of examples around you and there is no need to dwell on the issue. We have been clear as far as you are concerned and you have understood. You ask us to make you become the best possible tool for us; this is included in your everyday prayers. You are a tool, indeed, and we use your gifts. You all are tools with your respective capabilities. Isn't the main thing to belong to this Mission which is dear to you and which is advancing forcefully towards the future? You belong to this 'whole' which will mark humanity; it is important for you to understand it well. You have a personal responsibility in this great spiritual undertaking of the century. Meditate well on this aspect of things and let light fully shine inside you.

Sunday, August 26, 2001 - 8:00 a.m You can see how complicated the human mind is! It can put barriers which limit its own comprehension, when it does not want to understand. This does not matter; these messages were not dictated to you word for word. It may be necessary, in some circumstances and to avoid reactions of this kind, to add a word or to make an amendment for the sake of clarity of the text. We cannot compare these messages with other sacred writings; times are no longer the same and sources are particularly different. These small mishaps don't matter. The main thing lies elsewhere. They show nevertheless the reactions these messages will arouse when they are disseminated more widely. The very essence of these writings is unassailable and cannot be questioned. It is good that everyone reacts in his own way to this reading; comments must be constructive and go beyond a simplistic phase. The heart's comprehension is above any other one; only it can make one progress in the field that concerns us. We will leave it at that.

Wednesday, September 8, 2004-10:00 AM Come and rest within the immutable peace. This preamble befits your heart; it raises for it the veil of the limitations compelling this world to live in the ignorance of the essential truths. Disorientated, it does not know where to go; humans have no reference mark anymore. The sense of duty and integrity is lost. Becoming increasingly fickle, they are living from day to day, without a real line of conduct. Opening out to spirituality constitutes for them the best process likely to give a real meaning to their current existence. Being unsatisfied by the pursuit of material properties and pleasures, they feel emptiness within themselves, which only this process will be able to fill. It will open prospects to them beyond the sight for life here below. When the appeal of the Divine is felt, no soul can remain insensitive. It opens out prudently to this new life, letting it foresee real relief. So, one had to reach this point to understand the meaning of this incarnation, of the ordeals it has in store, as well as joys, including those relating to self-control. It shows, beyond the human characteristics, the great and sublime aspects being hidden behind this facade of flesh, in the heart of the being. There is the secret, the only worthwhile treasure; we will never say it enough. May our brothers be fully aware of it and never forget it, which they often do. Letting themselves be carried by the swirl of material life, they waste an invaluable time in it. That which they are devoting to their spiritual process is the best possible investment. When the assessment time has come, they will note it and possibly be pleased with the results.

Saturday, December 4, 2004 - 10:00 AM How can one be deaf to the calls of your heart, it is only a long song of love. Your heart feeds on it, lives on it, forgetting what does not resemble it. It does not devise any plan. Moved and grateful for the graces it receives, it lets itself be carried by that powerful wave. It likes this kind of speech. Willing to forget all the rest, it is immersed in that ocean where it can find oblivion and joy. For a long time already, it understood it. All its life it has been seeking, being often taken in by appearances hiding a reality, which is not part of the game of life men indulge in. Its true joys did not emanate from that, but from a profound aspiration to be united with the Divine, the only inexhaustible and non- fluctuating source. Life in this world moulded your heart and wounded it in many ways, to the extent of leaving it bloodless and desperate. Its hidden suffering can only find comfort, in all circumstances, with what to it in this world, is the reference. Love, my child. Never restrain your heart; caught in this ascending movement, it manages to reach the summit of the skies. In these moments, those sufferings, which must be endured on Earth in order to rise and attain the goal, are abolished. Given that point of view, no one can escape it; laws are like that. You have the recourse of faith and hope; many do not have it and drift into afflicting delirium. To rise is in some way to open a breach in that wall of opacity. Therefore, my child, let your heart glide and love infinitely.

Wednesday, August 8, 2001 - 10:00 a.m. My son is broken-hearted. He is getting more and more tired physically and he is deeply affected by this new malevolent attack. It is not easy to come to Earth to help men. One has to carry on regardless of the barriers erected by them and behind which they withdraw with arrogance. Divinely guided beings have to face frightening forces, and fights ensue as related in some sacred texts. Our way is no exception to the rule; it is given a rough time and its trials are far from over. One needs to know this and to look at the problem from a broader perspective, which is not new in this world. To prevail, good must overcome powerful forces. This combat is endless here below; even if the forces of evil are under control in some corners of the world, they reappear where they were not expected. The fight will stop when the Earth has settled up its karma and a new reign is established, entrusting the soldiers of peace with the task of maintaining order and harmony between the beings living on this planet.

Wednesday, November 3, 2004 - 10:00 AM.

Our undertakings advance at the pace of this world, nevertheless they progress in accordance with our wishes. Humanity is moving towards its ultimate goal, in spite of what it may seem today. It must follow through its current spirit, to spring up again from what it was, into another form in the future. We insist on this point, which to us is of the utmost importance. The higher powers prepare those who really want to listen and who feel within themselves, vaguely, all that we put forward in these comments. This civilization has reached such unprecedented excesses in the history of this world that we must warn our brothers against its misdeeds, going well beyond pollution in all its forms. Our role is only on the spiritual level: through a work allowing a being to progress, to be purified until he has reached a satisfactory condition, opening to him the doors of knowledge and revival on an appropriate level of consciousness. Our brothers have this aspiration and we are doing everything possible to uplift them towards the final goal. The benefits of our work filter through the hearts; the harvest looks promising. Its fruits will continue in their turn to bear fruits, leaving in this world deep marks helping it to get over the perilous hurdle towards the new era.

Sunday, February 27, 2000 - 8:30 a.m We have already told you this - you must meditate as much as possible so that a certain work can be done on you easily. It aims to allow a kind of harmonization between my son and you. Things are not simple between the two of you; there are resistances to overcome, so on your side too, make an effort to facilitate our action. Forget the past, consider yourself a new being, starting to write the first page of her history. A completely blank page, where unknown signs will be inscribed, which you will be able to decipher with the heart. It's about a long and ancient story and you will find your bearings while advancing in his footsteps. Your real identity must be revealed and lay bare a new being. Don't have any concern, remain in surrender, divine will must be fulfilled. So it is.

Monday, September 6, 2004 - 10:00 AM

As suggested by your Master, immerse yourself in this fertile Eden where the contact with your heart becomes possible. Here is the enchantment it needs to surpass at the Earthly level the difficulties to be faced. It finds the necessary strength and motivation to advance in spite of the vagaries of life. It is not always easy, for a human being, to be able to dissociate the material from the spiritual life. Some people are entangled in a swirl leaving them little space to pull themselves together sufficiently. One day, maybe, they will understand their error by feeling a pressing need to seek what their current life does not provide to them. When the soul starts to manifest itself, it can become very inspiring and directive. These are the most obvious cases of divine manifestation. When the moment has come for a human being, the opportunities arise, and they can completely change the life of the happy chosen one. Each experience in this area is different; once this stage has been reached, the best can happen. Many of our brothers experienced this process having brought them to us. There are many ways of appealing to a heart ready for a spiritual work. Times are changing; imperceptibly, humanity is moving towards its destiny, which is not to stagnate in darkness of ignorance. It will still require many fights, sufferings, to eradicate this plague of obscurantism. The light is dawning on the horizon, many hearts have already received it, divine power is operating in them openly and this cycle is just starting.

Wednesday, August 8, 2001 - 8:00 a.m. Love is rich nourishment that heightens life. The whole being vibrates when its power manifests itself in it, and it [the power] will shake the world when the time comes. Its vibration is special. It escapes the sharpest analyses. The very powerful forces animating the universe are not detectable by men. What can they understand of the divine laws governing Creation? They guess, they decide and make pronouncements, without taking into account significant elements concealed by the veil of illusion governing this planet. Your senses mislead you permanently; some among you have experienced this at their own expense, [while] enlightened by a suitable esoteric teaching. The human being tries to understand how he functions and how creation is set up; he is only a blip in these complicated machineries who thinks he knows where he comes from and where he is headed for. His views are derisory, limited to his extreme smallness and moving with respect to his complex of superiority. He believes he is a giant ruling the world; he is only an illusion, blown away by the wind.

Thursday, January 5, 2017 - 10:00 a.m.

Your body is bound to this world for a little longer, while your soul has gone ahead. It is already soaring, immortal and free, towards spaces where you will rejoin those you love. It is no longer necessary to go elsewhere on this Earth. The objective henceforth is to come and join us, here where you can be much closer to the beings you love, incarnate or not. You will reveal yourself sufficiently for them to understand. This is how it is, we can say once again. You will witness the spread of this Mission, with happiness, while acting in your own way when necessary. Such ties of the heart cannot weaken; they express themselves differently and, in your case, this will be for the good in many circumstances. Do not feel embarrassed; you will remain in the background in accordance with your wishes, working in a different way, with the powers of action that will be vested in you. You are our dear daughter, having served for a long time and in your own manner. You love independence; only love guides you and carries you where appropriate here, in the service of this Mission. You will not be forgotten, you may rest assured. These writings will remain the only authentic and valid ones – the united Masters strongly confirm this. This is how it is; be at peace. You are carried by our very special love and blessings on this day of grace for your heart.

Thursday, May 20, 1999 - 8:00 a.m. What more can we say that could help you? One must always have hope, against all odds. God has unimagined resources. My daughter, we do not like to see you like this. Keep trusting in us, even if appearances do not encourage you to do so. We may seem harsh but you know it is not so. When a sky is at its darkest, it cannot stay that way; inevitably the sun will shine again. Do not lose heart; we cannot but carry you spiritually in this difficult time. You too have resources, do not falter.

Sunday, May 11, 2003 - 10:00 AM Saying to God and to the Masters how much you love them, that is the most beautiful thing! This creed always delights our hearts. We keep on stimulating love. We channel it to echo it ad infinitum, as we are invested with this unique mission to make people love the supreme God, Master of the universe, through us. May our way develop this kind of love in the hearts! The exercises that we recommend also aim at this goal: to connect the creature to the Creator by a sublime vibration, uplifting humanity. Love boundlessly. That is your vocation. Carry the hearts in your wake so that they become light, happy, and fervent in love and service, helping their brothers in their long way. For some of them, the way is appallingly long and tough, when they do not have a Master to light it up and facilitate their attainment of the goal. Our way is not the only one, but we can extol the advantages of its effectiveness unreservedly, as we know its richness. Today is a special day. You are not alone, as you believe. Are we not here to surround you by this vibration that you like! It warms your heart and its effect will continue in meditation. It will maintain in you this feeling of joy and peace, while thinking of those whom you regard as your children and who make you forget your loneliness. To us, you are a mother. You suffer for those who suffer. You are delighted when they are happy and you call for all the graces capable of clearing their way to eternal peace.

Saturday, April 8, 2017 - 10:00 a.m.

Every day it is necessary to strengthen oneself in the face of life; what it has in store is not always easy. Following a spiritual path allows one to take stock in many circumstances, to orient oneself accordingly and differently. Sahaj Marg opens up perspectives on a life that is more centred upon this search for a sacred space within, where faith and a real search are strengthened, supported by a method much more evolved than it appears. The spiritual is a sacred space; who truly goes deeply into it? A spiritual Master has this opportunity; does he really measure its effects? Nothing is simple in this world, but fervent beings manage to find the way, to fortify themselves before the Eternal, in order to acquire the means of deepening their aspiration to the Divine, without limits. Finding one's way, following it with love, is decisive in a life. Spirituality provides access to a sacred space where the ultimate goal becomes a reality. How many lifetimes it takes to become aware of this; Sahaj Marg is a precious help, you can be sure. May all be blessed and greatly strengthened, to attain the best possible. Special blessings to all.

Thursday, August 9, 2001 - 8:00 a.m. As you can notice once again, the only possible and effective way to find serenity is to plunge inside yourself. In this preserved place, the turbulences of life are forgotten. Man of the present time, lost in the turmoil of an insane materialism, lets himself be influenced, losing his bearings. Some resort to drugs of all sorts to find [mental] stability. Chemistry by itself cannot solve everything; that would be too simple. The real cure is not that one. Serenity can be obtained only by plunging into the deepest of oneself. When this place is well known, explored and frequented assiduously, it does provide peace. It is a blessing for man to have this sure refuge and to be able to find in there the strength to face life, when it is difficult to stand. The best is in you; there lies your real life, protected and unique, since it [real life] is immortal. Nothing can affect its real essence here below. Don't lose sight of this truth, you are on a journey and anchored temporarily to a land of refuge, which is a summary of a moment of your eternity. It is up to you to make it bearable and constructive.

Sunday, September 9, 2001 - 10:00 a.m. Who can really know what he is beyond the appearances of an ephemeral incarnation? What is the heart that is hiding behind this disguise? It has come from so far away; which path has it gone through, and which sufferings, agitations and states of happiness here and there? It is fragile and strong at the same time. It can cry, it can laugh sometimes at its own misfortunes when wisdom prevails beyond the present. Laugh and sing, it can do so; joy and sadness are like sisters. A heart can rise in each one of these states. The divine love hides behind tears and laughter, and can transcend all that is pure and beautiful. Surrender attracts grace; it leads the way to this love, which elevates the soul and shows to it where the truth is hidden. Take advantage of each passing minute to grow a little. As little as it may be, it is all recorded on the register of time. Be happy; if you are reading these messages, this means that you have come a long way. You should be able to put things in perspective in your daily life and give it the best. Be blessed.

Tuesday, August 7, 2001 - 10:00 a.m.

As we have just said, you are not a robot, you lay bare your soul in these messages. Our dialogue speaks for itself; it shows the bonds uniting us and sheds light on these messages. Love must manifest itself at all levels. When it develops between a Master and his disciple, it establishes deep and unfailing bonds. Living this inner experience is very formative for the aspirant; he advances under higher protection and his spiritual dimension is modified accordingly. Whether you live close to him or you are far away from his divine person, don't worry; he does not forget you. [Physical] distance is no hindrance to his work. Our abhyasis all over the world should rest assured: the distance is not an obstacle to the vibratory energy that he is able to propagate. Divine energy knows no insurmountable barriers - only your hearts, if they are particularly closed, can divert it - but it ends up winning out over anything. With time, nothing can resist it; it conquers the place and transforms the inside as soon as it is willing to welcome it.

Friday, September 7, 2001 - 10:00 a.m

Does man ask himself the right questions? That is the question. The majority of individuals do not see beyond their current life and do not give it any special meaning. How, under these conditions, can one see their own life pursue its course and undergo it peacefully! To them, there are no satisfactory answers to the burden it [life] often represents. A human being informed of rules laid down in compliance with the divine laws can contemplate his life by considering it from a positive perspective. He can look at the many tests he must undergo from a different perspective, recognising they are meant for his personal enlightenment. It takes a great deal of fortitude to arrive at this stage and stop rebelling against the bad strokes of fate. Having reached this stage of acceptance, man comes out of each ordeal with increased stature. This long process has its ups and downs and rebellion. May you, our dear aspirants, keep growing in wisdom and progress in real surrender which cannot be expressed in words.

Friday, September 14, 2001 - 8:00 a.m.

Each victory won over oneself, however small, is important. It shows you that you can have, when you so wish, the necessary strength of character to overcome unfortunate tendencies. A day will come when you will be able to make a satisfactory assessment of it. Your efforts are not useless. Managing to overcome a constraining human nature is a success which you can but only rejoice in. This is how each life is worth living: a big blank page is before you where you can record - if the notion of good and evil is obvious to you - your failures and your victories, the negative and the positive aspects of your actions and your thoughts. The latter must be tracked permanently; they mould you, do not forget it. May you make sure that throughout your lifetime the beam of the scale tips down to the right side and saves you precious time. Managing to control oneself is commendable. All your efforts are recorded; they are added to each other and make your life richer. We are not moralisers; these comments quite simply aim at encouraging you on a path which you wish to be sanctifying.

Friday, September 14, 2001 - 10:00 a.m.

In the current conflict, France has become a strategic point. The leaders of this country will need to exhibit a great deal of tact to cope with the situation. The Arab world is boiling; minds are furious and the worst is to be feared if the leaders of the conflict do not bring the situation under control. In this case there is a high risk that things may get out of hand. Pray for these people, frustrated for such a long time and who have gone too far. When hatred reaches such a paroxysm, nothing good can be expected. May wise people from their religious movement urge them to be cautious. So, people will never stop harming one another! Wisdom is not part of human nature. For centuries the same genocides have been witnessed, crueller and crueller wars that in fact do not resolve any conflict in an equitable way. All is always to be started all over again; only higher wisdom will be able to put an end to this fatal cycle devoid of true consciousness. May hatred remain absent from your hearts, whatever may happen.

Saturday, September 11, 1999 - 10:00 a.m.

You mustn't lose all hope. This treatment may bring about an improvement. One should try everything, even knowing that a cure is not possible. Suffering less would already be progress. For those who know you well, you are an example of courage. You also know that we do everything in our power to help you. We will leave off there for today.

Friday, November 5, 2004 - 10:00 AM Human beings are incorrigible; even within a spiritual movement like ours, passions are kindled, dissensions appear, even within the framework of a seminar where only the impulses of the heart should prevail. Are the interested parties released from their resentments? It does not seem so and the atmosphere of this meeting will remain for them sullied by them. We cannot unfortunately iron out all these differences on the human level; they create frictions characteristic of humanity in its current level of evolution. The time when only the beauty of the soul will prevail has not yet come; the work carried out in our way contributes significantly to it. Let us be trustful in the divine intentions, even if the scene of the current world is not delightful. All depends on those levels to which man has currently no access: where reside the very elaborate plans of the whole creation. Those levels are subjected to strict laws unlikely to turn away from their achievement. Our brothers should continue as peacefully as possible; their practice makes them progress and that is all that matters. The benefits of a seminar should not be sullied by tendencies expressed by some brothers; Master's work, very fortunately, remains predominant. Be that as it may, our aspirants are advancing on the way to wisdom, even if there is yet a lot to do. We cannot so easily change the beings in their behaviours; the essentials lie elsewhere, in what is distilled in the soul of each one of them. God is Great.

Sat, February 16, 2002 - 8:00 a.m.

Do you realise that between my son and you a relationship of a very special nature – and shall we say, an exceptional one – is being developed? By answering our wishes, you accomplish what was long planned. Being surrendered is complying with God's intentions without trying to understand the purpose thereof. Like all our candidates, you can take your Master as a model, he is the most assiduous in serving us in utmost acceptance. His heavy task weighs on him enormously; only his great courage enables him to face up to it. His inexpressible love for us gives a special dimension to his acts, which are imbued with a greatness of soul that characterises beings who have influenced this planet. Service at this level requires rather rare qualities, some of which can be found in all those who devote their life to a right cause. The ways of God generally keep their secret. Man must be able to lead his life while being aware of good and evil. Well understood, spirituality fosters a broader awareness of all these concepts which lead man to always trying to surpass himself. The way then widens before him, and lets him glimpse the goal of this glorious rise.

Wed, October 3, 2001 - 8:30 a.m.

My child, one should better see the vicissitudes of life as they are and stand up to them, equipped with the strength provided by faith. Behaving outwardly like a good soldier is the best means of acting, and then one should withdraw within oneself and relish the divine presence, as a true mystic can do. In these moments, this peace again gives strength to continue to live, but also to love more and more. Love distilled by a pure heart is an enigma. Which sacred alchemy creates it? What are its sources? Where does it emanate from? It must be experienced to the full without asking oneself too many questions; one should simply consider that it is a grace and that, as such, there are no rational explanations. You asked me to speak about love, to make you glide over this world, but love is everywhere and in everything. It is enough to cultivate it, to see it where it is hidden, to keep it alive in oneself in a constant way, and then it is diffused like the light of a lamp, the range of which seems un-assessable. Love endlessly, my child; sing this love and the echo will be reflected beyond the confines of time.

Tuesday, April 6, 1999 - 10:00 a.m. Life is like a play. You can be cast as a bad guy or a good one, but once the play is over, what remains of it? If you are good, be so truly; the bad guy may not be completely so. All has its usefulness in the world of maya; this is called the balance of forces. Refine yourself in your perception of things. Do not pass judgements. Simply advance, stripping yourself of superfluity; do your best. Be confident in the outcome of your life.

Mon, November 1, 2004 - 10:00 AM

My child, you are not an ordinary medium. We chose you, and so your gifts were developed. The colloquial tone of these messages has its *raison d'être*; do not hide the remarks concerning you. These writings tell a story and without you, they would not exist. This being underlined once again, we can perhaps add some pages to these collections of 'Reflections,' if you can. These messages will have a mixed reception; it is in the nature of things. A majority of our brothers will be able to appreciate them and in their wisdom, they will realize what benefit they derive from them. Deeply buried, beyond the words, that is where their secret lies. Our aspirants trust us. Then why would they doubt what we are giving them with a view of only helping them? We are standing in relation to future changes; the justification of the rebirth of our way resides there, hence its flexibility of adaptation to the spirit of openness that they will provide. Human beings don't like to be hustled in their convictions; they have their own reference marks and in general they stick to them. A spiritual way is supposed to open the mind of the aspirant. It is the purpose of this work; then why would he refuse what he is given to facilitate it? Being able to adapt to the changes when they are necessary, is a sign of receptiveness of heart and mind. May all our brothers trust us and prepare mentally for the new era. May all be blessed.

Tuesday, January 2, 2001 - 10:00 AM.

You begin to foresee how and where these messages could be diffused without raising unpleasing comments. This country shows such scepticism about this kind of contact that it will be more difficult, and take a long time, to publish them. Fortunately, the same is not true of all parts of the world. They will be able to nourish and enrich many souls in need. Here, even those who believe in this form of communication will prefer to drink from other sources that could satisfy their intellect, or simply their natural curiosity. We cannot do anything about it; this crop of messages is at their disposal, let us wait until minds are open. In the West, although an increasingly large number of individuals are taking an interest in this literature quite varied in terms of sincerity, taboos are still present in the minds and they rather limit this reading. Certain great inspired mediums left, and will leave, a very enriching teaching worthy of faith, since it comes from the source. We cannot impose anything. The time will come when beings will be able to put things in perspective and to benefit from what is given for their own good!

Tues, Oct 19, 2004 - 10:00 AM

Our most faithful brothers form a great family of souls meeting again from life to life and going, for the majority of them, through similar experiences, in their spiritual quest. The same wave carries them, fostering their process. Countries, races are no obstacles; only the karmic line determines where and when this reincarnation must occur. All men are brothers but they do not want to know it, preferring to give free rein to harmful inclinations. A sincere approach, in a way like ours, must bring them closer: it is the goal of the big gatherings enabling them to become aware of their unity on the spiritual level, which is essential. A unique and same heart unites them, surpassing borders. A profound mystical impulse makes this wonder happen: the sacred union of souls going in the same direction. Seen from that angle, human divergences have little importance. When will men finally understand that they are equal in this world and before God? They keep erecting barriers: race, sex and social background being their pretexts to satisfy an authority constituting a kind of shield to their shortcomings. Following a spiritual way is also to understand the illusory side of these inequalities, which are the characteristics of humanity seeking a way out. May the time of liberation happen for all suffering souls.

Sunday, April 18, 1999 - 8:00 a.m May joy be in your heart on this day. You cannot change anything in the outside world. You have sufficient reason to keep within you some sunny spaces. Many souls are seeking and many others will feel 'the call', a tremendous need to be in union with the Creator. You all will enter a phase of turbulence on the material level; correspondingly, the spiritual need will be greater. Prepare yourselves for these two aspects of life on the Earth. All is not lost when the soul is awake. Whatever may happen, remain confident in your destiny.

Sunday, July 18, 2004 - 10:00 AM Open your heart to the Infinite Presence, this energy unifying the worlds beyond their characteristics. It is unique and redeeming, and it harmonizes the entire creation. What is man in this immense universe where, whatever his beliefs, the infinitely great and the infinitely small meet! Divine energy animates each piece of life, leaving mankind however with his own reactions; perfection results from the opposite. Humans cannot understand divine laws; they go beyond them completely, as they are confined to what they can see and to what they believe. Everything inclines to misleading them, as they are constantly fooled by omnipresent senses; they build theories corresponding to what to them is right. Revelation, as far as they are concerned, is not going to happen in a hurry, but it is necessary to prepare them for that, by working with a view to removing the blindfold concealing from them what constitutes the truth, in all its manifestation. They are advancing on the path of knowledge; many are searching with fervour and faith, and they deserve to be helped! We are trying to do it by putting at their disposal the elements facilitating a highly spiritualized awakening. The new era fosters, in hearts that are open enough and ready for the ultimate ascent, this aspiration for rising. Our brothers are advancing in this respect, and they are making progress. We notice it particularly during big gatherings, the overall view of which brings satisfaction on this aspect. May we pass on enthusiasm and perseverance to all our aspirants, united in an unfailing faith! May they all be blessed.

October 3, 2001 - 10:00 a.m

The soul builds on a series of real- life experiences, the roots of which belong to a remote past. It drank at various sources; it was enriched by the sacred memory that makes it keep the best, which constitutes its current richness. Look after this treasure, take advantage of this lifetime to make it bear fruit; there is no limit to these kinds of riches, which under no circumstances will depreciate with time. Quite to the contrary, it [time] gives it an unparalleled lustre. These priceless jewels adorn your forehead; they are the sign of recognition that will open doors to you. Cultivate your secret garden. It escapes your fellow men's notice, but it is brightened by a sublime light recognised by similar souls. That family is big; it already exists on this Earth. Call upon them, [call] these souls which – like yours – vibrate with love and recognition for the blessed presence that resides in them and stamps them with a divine seal. This subtle vibration shields the blackness of the world; it will have the last word. That of bygone eras will give way to the coming era of light, which is taking place little by little and will end up subjugating humanity. Work towards that; you are invested with this mission. All of you, our candidates, become aware of this.

Sunday, October 24, 2004 - 10:00 AM

Courage is an act of faith in life, in God, for them who believe in their present and future destiny. Faith animates valiant hearts that understand their true dimension going well beyond this world. These human qualities are precious gifts preserving the essence of a being. My child, take stock of your Earthly existence; didn't what we have just alluded to constitute the positive web of it? Think of what it would have been without these two major assets. You can be thankful and continue to cultivate within yourself these gifts that are giving your life its true direction. Keep improving this wealth; it still holds for you benefits of which you will assess the extent only after having left this world. Then, your true personality will be revealed to you and you will be able to judge what did or did not serve it throughout your process. The law is like that: every thing is exposed for all to see. Nothing is ever left aside. Each one must face up to what one really is. As the guideline of an incarnation is love and the respect of life, it attracts opportunities favourable to the elevation of a soul. Looking for a spiritual way capable of satisfying it on this point shows the determination of man to extricate himself from matter, with a view of finding a more subtle food that he feels the need for. Thus is the progress of souls towards their higher destiny.

Wednesday, July 10, 2002 - 8:45 a.m You should learn how to dissociate your spiritual life from all the remainder. Reserve a truly special place for it, letting anything belonging to your everyday life fly above it. Give it the best place; support its development, making sure that it covers the remainder. Learn how to give a relative place to the course of the days. There comes a moment in the long process of a soul when it all changes course and takes on its true dimension.

Thursday, November 4, 2004 - 10:00 AM

On some occasions, one must dare to take a step ahead when the time comes. From time immemorial things were like that: the pioneers had the courage to confront public opinion, otherwise the world would be still defending absurd ideas such as 'the Earth cannot be round.' This is only one example among so many others. Open-mindedness on issues relating to esotericism was not on a par with that on high technology that revolutionized the world for obvious reasons. Everything happens in due time. The real change will come from facts beyond this world as it stands today, leading men to review their position completely. They won't have any other option. Caught in an ascending movement, the transformation will take place in spite of them, without any exception. What will then represent these writings, unusual to many human beings currently, in the great turmoil that will disrupt drastically humanity in its habits of life? They will need to actually try to understand and open up to the realities of their stay on Earth, which is a step in a long process capable of providing them with a higher life, centred on the divine forces, of which so far many were ignoring the existence. More and more, voices will rise, that are likely to sensitize them on this eternal truth which no human being will be able to deny any more.

Sunday, August 15, 1999 - 8:00 a.m. Be surrendered, my daughter. You are moving towards detachment. You have taken a big step, we are very happy. Remain well united with us in thought. We lovingly watch over you like a fledgling in the nest. Don't do anything rash. Do not let people force their way into your home; this is critical for your recovery. Be at peace. Think of my son. He, too, is very tired.

Tuesday, April 20, 1999 - 8:00 a.m.

If you knew the hidden side of history, you would be amazed (e.g. Joan of Arc's life) and disappointed about all this legend which surrounds the life of some personalities of Christianity. This same is true for other religions, to a lesser extent, but some facts were strongly magnified and embroidered. It's an area where Christian history is particularly rich. They—these ecclesiastical authorities— did and said so many things to soften the opinion and retain the faithful, in spite of crimes perpetrated in the name of faith. The teaching of the Master, Christ, divested of all the mythical attributes which were added to it, is so beautiful. One should retain only that, and never forget faith and devotion which it has been generating for centuries, while helping millions of souls.

Sunday, October 10, 2004 - 10:00 Am.

Could you have lost the code to this secret door opening onto the garden of wonders? Within you is what you have been seeking to attain for a long time. Each contact of heart with us brings you closer to the goal; the shady areas disappear little by little, leaving room for more beauty. Advance in the harmony of the place, taste this unequalled calm. The divine is there, in the secret of this spiritual heart, the seat of the most accomplished mystical joys. Nothing, here below, is worth the trouble of neglecting this approach. A human being can taste all the pleasures of this world, until repletion, but there will remain in him a vacuum, an absolute emptiness which perhaps he will not be able to define. Only the profound aspiration of a soul to be uplifted can enlighten him on this point and push him to seek elsewhere for what he lacks desperately. A true spiritual process will fulfil it, through the perseverance of the searcher to progress in this way. All, for him, must result in this achievement, so was it programmed since the mists of time. His true fatherland is not in this world; this is only a place of probation preparing for a higher destiny. Doesn't everything have its *raison d'être*? Although men do not understand it, it is through ordeals that they can learn how to surpass themselves and allow to be revealed what is of a higher essence within them. All are presented with this treasure, but most of them do not know it and they neglect this divine presence with the greatest indifference. Many humans follow another way; our brothers are among them and their number will keep growing. That is how it is.

Wednesday, August 11, 1999 - 10:00 a.m

A little more time, my daughter, before we resume our contacts; all is not finished. It is imperative that you relax; a new era is beginning, the effects of which are not immediately visible. Mentalities must change over time; evolution will be slow, but real. So it is, be at peace. Babuji

Monday, October 18, 2004 - 10:00 AM

Retain this heart of a child, that which has protected you from adversity. Here is what we can say to each one of our brothers: this heart is the seat of the soul, the very essence of the being in his frantic quest towards transcendence. Everything hangs on this level. Become as little children. If life has hardened you and moved you away from the source, this is the only thing that can refresh you. Your spiritual process has this objective: to make you focus on the essentials. This need is felt within you. Your material life can fulfil you, while leaving within you a feeling of emptiness, of indefinable lack. And yet, an unremitting practice highlights more and more this major aspiration to be united with the Divine. That is the achievement of a long quest; from wander to wander, the truth ends up unfolding to the searcher. Everything is so simple in this field: it is enough to want, to practise correctly and to resume a wisdom, having lost one's rights amidst the many attractions of a fictitious life fraught with obstacles diverting man from his true destiny. It takes him time to understand, and that is how it is. In this world, anything can happen: both the good and the bad. Many souls are waking up, nominated for a higher destiny. Those which will come towards us will be guided. That is the goal of our way: to meet the growing needs of humanity at the cusp of two worlds.

Tuesday, June 11, 2002 - 10:00 a.m Gain in stature, regain your serenity and see the Earth become a sure place which is good to live in. Let your heart vibrate with love and see only what is beautiful. Cover the blackness with light and imagine all men as becoming better, inclined to make peace in a world where tolerance prevails. This great wisdom will end up being established on Earth, it is a matter of time. Build this world inside yourself; sublimate it and make this thought stronger. Each being is part of the whole. This whole can change; each one can apply oneself to it. Our remarks in these messages differ a little, in terms of their tone, from that of our writings in general. Times are changing; the Mission is growing in countries with different cultures and traditions. These messages can be understood by the greatest number; we only want the good of all; we are working towards that. Thank you for accompanying us and for targeting this objective with us.

Wednesday, October 6, 2004 - 10:00 AM

Inner peace has to be earned and obtained through working on oneself, getting rid of all that can be an obstacle. Caught in the movement of life, it is advisable to hold one's course, while being involved in the many necessities of an incarnation. A human being does not have the possibility of escaping it, but he remains with his own secret side where a parallel life can be developed, guided by the attraction of the Divine, and leading to a high level of spirituality. There is the reflection of the real being, in its most subtle aspect. "Seek and you shall find—everything can be summarized in these words. Seeking truly leads to this conclusion. Finding is to find oneself, to be united with the Divine: this flame standing vigilant in the complex and sacred heart of man having the divinity in him. There is no need to climb mountains, to roam through the world in search of strong feelings. What a human being seeks is actually within him. He is unaware of it generally and even if he knows it, he still has to try hard to follow the necessary way. There is more than one way to succeed in that. It is not necessary to live as a hermit for that; everything is contained in the method applied, and our way is one of those methods. The rest depends on the way, the spirit in which the practice is done, and perseverance to attain the result. All is possible when one is determined to succeed. Let each one take the trouble to listen to oneself, to look at oneself thoroughly, and to act for the best, according to the aspirations of the soul. One day, the divine goal will be reached. May all our brothers reach that point, with our blessings.

Sunday, October 25, 1998 - 10:30 a.m. Yes, I am here, my child - relax, be surrendered. Your path is covered with thorns, but luminous. Life on Earth is a short passage, as I've already told you. Make good use of your remaining time to reach higher planes; we are helping you in that. You have all our attention and our love. Remain in peace of heart and in harmony with your circle. Pure hearts will see who you are. You still have much to give, to illuminate the souls who gravitate around you. You are helping, even without your knowledge. There are mysteries not very perceptible to humans. What matters is to fulfill your life's path; you came for that, do your best. We try to find a way to provide help for you without that being too burdensome for you. Don't lose heart, be strong, my dear daughter! I bless you.

Saturday, August 25, 2001 - 8:00 a.m Don't underestimate yourself as you do. Accept at least the recognition of your work. The value of a human being is beyond all worldly considerations. Birth, financial standing, and degrees are temporary and factitious assets, related to the present incarnation. They do not mean anything more but attributes without real value, except for placing the entity [concerned] under circumstances conducive to the experience awaiting him. Man is such a small thing; why should he take himself so seriously and claim that the favourable circumstances where he can move happen through his own doing? If his pride incites him to crush his fellow creatures with his purported superiority, then he is completely wrong. He has initially to cure himself of a weak point in his nature, which is a hindrance to his evolution. Become well aware of this smallness: you are not superior to any of your fellow creatures. Keep a rigorous check on yourself: who are you to judge and consider you are better, more intelligent and more gifted than your fellow creatures? Instead, thank fervently for being privileged in this life, if such is the case. You don't know what the next life holds for you, so be humble towards your brothers.

Sunday, July 4, 1999 - 10:00 a.m. Peace and tranquillity are not of this world; overcome this shock, my daughter, it is necessary. This morning you do not have the good fortune to attend this meditation, but at this very moment, he is at work, he is perfect. Rejoice at this; he is beginning a journey that will take him far, and you will have helped him take flight. The Master is present as he usually is with the beginners, but all is well, he is satisfied. You were not mistaken in seeing in him a beautiful soul; it will become a jewel. Try, at least today, to forget your worries and to live this event that touches you in the depths of your being. The bonds between your souls are strong and indestructible. Meditate with him now; your two hearts are in unison, bathed in our love. Do you feel this vibration in you? He will go far, this boy; he is one of the chosen ones. You are not alone. Spend this day as best you can, we bless you.

Mon Sept10, 2001 - 10:00 a.m Man's credulity is such that it is touching. He believes he is the master of the universe at the pinnacle of glory and defying the laws governing its mechanisms. Nothing stops him; his destructive impulses apply in what he considers as his own rights. Humans, who are more enlightened than the majority of their fellow creatures on the origins of Earthlings, are misunderstood, and even persecuted. Man's foolish arrogance knows no limit. The laws in force, deeply anchored in the utmost ignorance about the creation of humanity, are pathetic. Religions perpetuated misconceptions and this is nowhere near changing; minds as a whole are not mature enough to admit the truth. It is easier to revel in this web of misconceptions; man does not like to be rushed with regards to what he believes is the truth. The pioneers of the new world, which is in the making, will have to strive unrelentingly to supplant old concepts, erroneous and groundless. It is not always easy to have a different opinion from the multitude, but times will come when the veracity of our comments will prove true.

Saturday, September 18, 2004 - 10:00 AM The divine energy creates life in all its forms; nothing is to be excluded in this manifestation. Man is included in this endless bustling where he believes he is playing a predominant role. He is subjected to the same laws, which escape him completely. He believes he is the master, which he is not; the forces of nature are there to remind him of that. The movement of life is permanent; man could not stand perceiving the full scope of its expression in him and around him where the vibratory movement animates all forms created. This vibration is the very powerful engine of creation, with a scope he cannot imagine, as he is limited to his small person all of whose wheels are not known to him. He believes he knows himself, he has that innocence. He sometimes happens to call upon 'specialists' to help him understand himself even better, but they, what do they know? The mystery of a being is obvious and no one holds the key to it. Too many phenomena are strange to him. Humanity is advancing in ignorance, on bases that currently cannot be changed. Another dimension of consciousness would provide him a sound approach to the truth about himself, and the context in which he is moving. This time will come. The birth of a new world is programmed; it will raise considerably the vibratory level of this world. All forms of life will profit from it; it is in the nature of things. Creation is a unified whole, and subjected to the same laws, even if the diversity of its manifestations can make one think the opposite. The divine power is unequalled; misunderstood by men, it nevertheless subjects them to its rules. No one can escape it.

Thursday, April 3, 2003 - 10:00 AM Man must advance, come hell or high water. Such is the law in this world. Life is not only sufferings and disillusion, it is also joy and hope. The heart must keep a sense of proportion and must not be involved too much in the inevitable turbulences of life. It must preserve its own life and maintain a high level of spirituality. The spiritual heart is the guard of the being, in its various aspects. It must maintain vigilance and integrity. Anchored in this world, the being gets food emanating from this heart, but it does not belong to that heart, since it is connected to a power that it cannot really identify. Man cannot easily understand these concepts. He is progressing in a field, which he thinks he has conquered, but in reality he has yet to discover everything. The scholar is not more advanced in this matter. Only his inner condition, centred on a high spirituality, can enlighten him as far as possible. Man tries to progress towards a goal which he really cannot define. Driven by a growing force, he is encouraged towards his accomplishment according to his level of evolution. This attraction can take place very slowly, but it acts according to the nature of things. Divine laws apply with full rigour that which characterizes them: that's how it is. Blessed be the man who believes in God and who venerates Him.

Sunday, October 31, 2004 - 10:00 AM

The time will come when this world will not be any more cut off from higher forces, and will communicate with them quite naturally. There is a long way to go given the current state of mind of the majority of humans. But one day, once the vibratory context has completely changed, they will realize their limitations and they will adapt to new times. With these messages, we try to prepare our brothers for what they consider today as pure fiction, not being able to figure out such an important change. This planet has seen worse times, which men don't know. If they could access the great book of its history, they would be astounded. Our repetitions on the subject help them become aware of the ignorance maintained in this world, and the vast possibilities that future human beings will possess. Perceptions start developing in most of them. The configuration of stars changing imperceptibly, all contributes to transforming life on Earth on all levels of its manifestation. All is being set up slowly, concerning the Earthly aspects where the movement must be respected. A change of this scale cannot occur quickly; the divine laws operate at their own pace, from a point of view surpassing greatly human understanding. May all our brothers work for their evolution; it is what matters more for them.

Friday, April 4, 2003 - 10:00 AM Keep your feet on the ground in order to do what you have to, but get stronger in your spiritual progress to meet the appeal of your heart. That is what we can say to any researcher to strongly encourage them to follow their natural inclination concerning the appeal of the Divine. Many human beings repress this call for they cannot find the way that suits them, and they fear the big revealed movements whose power is repelling to them. This small inner voice, which tries to be heard, gradually raises itself and it ends up becoming pressing. It is then advisable to find what can be suitable, and to allow the soul to move towards the blossoming which it is longing for. Our candidates have this experience. As they are rushed in their daily life, they try to give more importance to this process, which becomes more and more visible with time. They are led to making choices and devoting privileged moments to their practice. They let this rare flower open out within them, and its scent can carry them away. Thenceforth, their life takes on its full meaning; they understand the need for letting this call grow and for fostering it in many ways. As they are cleaned and strengthened through regular practice, they do not any more see their life from the same perspective. Grace appears in them, and accelerates the process which leads them to the feet of the Master.

Tuesday, March 14, 2017 - 10:00 a.m. At the heart of silence is plenitude; these blessed moments, when the whole being is in ecstasy, are truly unique. They elevate the soul towards its noblest destiny. So much attention and commitment are necessary to achieve the goal. Each one progresses in their own way and builds, little by little, an edifice capable of withstanding time and the many turbulences that shape humankind in its entirety. It is not easy to project oneself into the future, hence the need for surrender and for being attentive to the smallest signs, decisive in one's journey. Sahaj Marg saves precious time - abhyasis realise it one day, when infinite prospects take shape before them. Here the best can begin and open wide the gates of bliss. Our faithful abhyasis are carried incessantly.

Monday, August 2, 1999 - 10:00 a.m

Your importance is negligible compared with that of the Earth, and non-existent compared with that of the universe. Don't compare yourselves with the infinitely small, but with the infinitely great. Truly put yourselves back in your context – things will be more correct for you, so we hope. It is nevertheless a fact that each one of you plays your small role, which is not negligible. That can seem contradictory, but it is not. We want to open your eyes to a reality that you don't usually take into account. Many like to think they are the centre of the world, they imagine themselves to be very important. Humans who play some role within a company, a government, who have the force of law in the life of a country, think that they have all the rights and do not necessarily respect their fellow human beings. That is so commonplace among some of these people. The time will come when, small or great on this Earth, one will have to account for one's deeds. Sometimes, it would be better in this respect to be a beggar than a king. The beggar will have more quickly accounted for their life, unless they had murdered unfortunate companions to steal their money. There are also good kings and bad beggars; our comments were of a general nature. The heart of an individual can express itself whatever one's state. Each one of the lives we have alluded to has its pitfalls, which have to be thwarted if one is an honest person. Each profession can heighten the good sides of the one who practices it. A person can work wonders or make things worse for themselves. They always have a chance to pull through, they are granted an opportunity at a moment in their life to take the right direction; many people manage to do so and have a close call. We will conclude with this positive aspect of life.

Friday, August 20, 2004 - 10:00 AM

Let your dreams of travelling come true in you, my child; there, is the door opening out onto great spaces of an infinite variety. Any of the things that could fill you with wonder on Earth are merely pale images trying to imitate a reality existing beyond the borders of this world. Everything is mere illusion, as you know; your heart should no longer let itself be ensnared. It has better things to do; didn't the dazzling conquest of spirituality become a priority to it? The most beautiful trips in this world can give way to melancholy, or even a feeling of frustration or something like that. The soul is not satisfied with trips, its fatherland calls it and it expresses it on many occasions. Pleasures on Earth are very transient; they leave sometimes memories tinged with melancholy, because of an emptiness that can be felt, more or less. An awaking soul becomes demanding like a hungry child who is shouting. He can express himself forcefully; a soul in its aspiration to rise has only discretion as a way of expressing itself. An attentive man perceives this need within himself, and looks for a way out; caught in an upswing, he cannot resist. Opening one's mind to spirituality is like opening a very valuable book where each page always allows more beauty to be discovered. Nothing is comparable to this inner beauty we are referring to, even if through simple words, we are trying to embellish our comments with images. Our brothers will be able to understand us: they experience this state every day, since they are following the right way.

Saturday, July 10, 1999 - 8:00 a.m The more you advance, the more you realize that humans are fickle. You were less affected in the past because you were less dependent on others. Human beings are increasingly unstable, with this perturbing life you are all leading – generally to a lesser degree among abhyasis, but the current context unsettles even the best-balanced ones. It is insidious, it happens without your knowledge. There is so much information reaching you about every country, about serious issues; added to your own worries, it's a lot to bear. Allow yourselves periods of rest, far from all this din, moments of calm, of tranquillity, at home, out of reach of what can assault you. It is necessary for your blooming. Make sure to relax your body and mind, free them from their tensions. Some among you let their health be undermined, for want of knowing how to unwind. Do not misuse your Earthly vehicle. It cannot be renewed at will; you must spare it. Favour as much as possible your spiritual life – the only way out of your problems, and what gives its whole raison d'être to your incarnation on this Earth; never neglect it. Be attentive to all these aspects we've just mentioned. May this meeting at the ashram strengthen the ties between you all and prompt you to make it live and vibrate more intensely. Become aware of the importance of this place, highly charged with so many untapped possibilities. It is also a place for gatherings and exchanges. Do not forget it. Open your eyes and act.

Monday, July 15, 2002 - 10:00 a.m.

Time and again, we have reverted to the same points to help you understand how simple our teaching is. It does not relate to high misty theories, which must make people reflect lengthily on their meaning before understanding them. The way of the heart does not burden itself with useless twists and turns; it is clear and luminous for those who actually want to see it in its simplicity. Its effectiveness stems from this beauty that can be easily discovered through a joyful and trustful approach. Here, there are no erudite words, no tortuous practices, and no scourging, only a process followed scrupulously, in absolute confidence of the final success. There is no cudgelling of one's mind; why should the sincere abhyasi do it? He has all the elements. He follows his Master with confidence; the past is abolished, and only the present and the future matter. He sees only the outcome of his spiritual search, by making a clean sweep within himself, i.e., in his heart, loving and offered for the good cause.

Wednesday, February 13, 2002 - 10:00 a.m.

We will not burden you again too much today; you need rest. Think of all these writings that have piled up from day to day forming a large chain, each link of which sheds a different light on a very simple and universal truth. When the hearts have complied with it, all will become easy with regards to spirituality, and the work being carried out on both sides in our practice will bear its fruits quicker and better.

Saturday, February 18, 2006 - 3:00 p.m.

Anandamayi Ma: Yes, my daughter, I can hear you. You are in the service of a great cause. All routes meet when they are dedicated to the Divine Omnipotence. Your healing is attended to by your Masters. You have been serving them with courage for a long time and your love remains unabated. Your Beloved allows me to help you. We all stick together; as you know, we belong to a large family. When you come and rejoin us you will be able to witness it and serve this family more because you are dedicated to it. Carry on your way in peace; you have my blessings as well as the people who are dear to you. You did not join me in India as you wanted to in your youth, but our hearts have an unbreakable bond, as you will be able to confirm one day. Be at peace. Live more and more in a state of love; it is the only energy that remains when everything else disappears. You are loved; remain confident. We are by your side, with all our blessings.

Friday, August 6, 1999 - 8:00 a.m.

If you were in good health, you would not have these reactions. It is not our contacts and these messages that tire you most, but the shortcomings that you reproach yourself for. Spelling is important, but please, for the occasion, it is not essential. There are proof-readers who also get corrected. Don't fritter your energies away with these kinds of reactions. You receive these messages, you reproduce them, it is a grace – you should be content with it. Who can imagine the energy this requires of you, when your reserves are not flourishing? No, we will not revert to August 11th. You need to go beyond this event, see the future and what it will look like. What should one do to improve oneself on all levels, to make the most of the experiences that arise and how to react in the face of life's difficulties? It is a programme of great richness at the human level. A difficult situation gives all of you the opportunity to see who you really are. Your behaviour, on all occasions, enables you to be on the lookout for your weaknesses. A sustained attention must give you good results, if you question yourselves and really manage to change your behaviour. Some of your reactions are very strong, and the seed that causes them is deeply embedded in you; root it out. Grow into new beings, you will appreciate what you become. Imagine yourself in front of a mirror that does not let you turn a blind eye to the failings of your person – this very objective mirror, use it mentally to see the least workings of your character, its weaknesses and its concealments. You will no longer be able, for the sake of convenience, to disregard unsatisfactory aspects of your personality. When this unwavering soul-searching bears fruit, you will feel reborn, your inner life will be enriched.

Thursday, May 2, 2002 - 8:00 a.m This divine and universal energy, love, is incommensurable. All and each one can benefit from it, more particularly in certain circumstances that support its manifestation. Man's heart feeds on it and is strengthened in cultivating it when he calls it intensely. The plurality of the worlds also is boundless and endless, without a beginning. Its complexity escapes today's keenest researcher completely. Human capabilities are limited. The scientists have not yet finished discovering and having to retract sensational observations and statements they may have made. This world of illusion hides the great truth from them, which no machine, however powerful it may be, can reveal to them since it is itself designed by man. His knowledge is limited to his smallness. He makes efforts, he makes progress, but he does not necessarily go in the right direction; there lies the nasty trick which creation holds for him. He believes he is the master of the world, he wants to dominate it; one day, all his theories will be swept away and engulfed, just like him, in the dust of time.

Friday, July 26, 2002 - 8:00 a.m Set aside an increasingly bigger place for your spiritual life; give it utmost priority. Once this stage is reached, there is no more constraint; it is quite simply about meeting the needs of the soul, which requires a more sustained attention. This expansion takes place naturally; it does not change life overnight. It is a slow work which reaches, with time, this point of apotheosis. Let this thirst for the Divine be expressed in you; support it in all possible ways. It builds the greatest success for you. Be attentive to the signs; they are numerous and appear without being perceived, as they should be. You have embarked on a long journey. Give it, without any hesitation, all the chances to go on smoothly; its goal is worth it. We always revert to the same subjects, trying to cast on them a new light likely to motivate you. Do we succeed in that? Such is our dearest wish.

Tuesday, May 28, 2002 - 10:00 a.m Your lifestyle is quite suited to the service you are engaged in. Some of these messages are inspired by your life; they build on facts punctuating the course of the days. In broad outline and with regard to spirituality, you are all following the same way. What we tell you is meant for all, who, sooner or later, will go through the same situations. Each age brings different joys and sorrows, but the spiritual heart, while seeking its way, is confronted with the same obstacles that try to distract it from a straight line in which it is engaged. These inevitable meanders are enlightening when they are overcome with panache. A life without any obstacle would be monotonous. The human being develops with the passing days, facing up to everything that arises, the good and less good. He must know it all; it is in the nature of things. Certain lives are more preserved than others; each one of them is designed according to a precise plan which is in answer to the karmic requirements. From this perspective, it is good to accept with gratitude all the aspects of an existence which is likely to build a higher and increasingly more inspired destiny.

Monday, May 20, 2002 - 8:00 a.m.

Learn how to create, inside yourself, a universe of beauty that does not require external landscapes, travelling, and such life which is lacking for you. Replace it with other joys; you are not a beginner in this process. You have managed to build yourself a special world, substituting for all your old activities. It leads you to special situations, to peregrinations into another space, far from the Earth and its limitations. You go on journeys that not many humans can go on, as they are confined to the banks of this Earth. Therefore, you should appreciate what travel agencies cannot propose, and you should be satisfied with these contacts that allow you to mix with great souls that come and open up to your dazzled heart. Don't you live exceptional moments that have become customary to you? How many of your fellow men can do likewise? Think of it. Won't you do so, and comfort yourself for not being able to travel like them, who remain, in spite of everything, limited to this world? You see that with your tests, you have compensations; therefore, be grateful for having been chosen to achieve this work, my dear daughter.

Saturday, January 1, 2000 - 8:00 a.m

It is true that for us this first day of an Earthly year does not mean anything. These are human and quite erroneous points of reference, as we have said regarding the Christian chronology. These details do not matter; advancing in a spiritual way gives you a less narrow view of things. We hope for you that the main thing is not in these excessive celebrations. The goal to be reached must be your main objective. It is not limited to one life only. In this one you really become aware of its importance and you do what is necessary to get there. While advancing, you'll grow away from futile things, your tastes will change and you will react differently in many circumstances. You will then be able to measure the progress made and this fact will be more important than celebrating the year 2000. Be joyful with your dear ones – laugh and sing if so you want – but this joy should also relate to the fact that the passing time brings you closer to the holy door. May the New Year start off under good omens for you all, with our blessings.

Friday, January 13, 2017 - 10:00 a.m. Let your heart speak, my dear daughter, it is the best informed. It receives, it perceives and it captures all that is necessary for its spiritual nourishment. Such nourishment is decisive in one's lifetime. Union with the Master, surrender to his action and to ours, brings to perfection this achievement of past lives. Thus are riches accumulated, and certain experiences shape each person's journey. It takes time to recognise this need for surrender; in the end, no one can ignore it. Once one has arrived at the stage of 'letting go', the soul is able to continue its ascent, and all hopes are permitted. It is finally free, active to the full extent of its needs. We await and guide it with joy and the certainty of its full success. This is how it is.

Tuesday, September 19, 2006 - 10:00 a.m. From now on, our voices should no longer dissociate from each other. They are as One [Voice] – which has its place in the long epic of these messages where nothing should be neglected. Doesn't all have its *raison d'être*? Only time can truly shed light on events, especially in a field where man has no decision-making power: what must be will be. Thus is built an edifice that is divinely inspired. Therefore, do not take out what you think is superfluous: your voice joining ours sometimes. Meditate on these remarks.

Thursday, May 23, 2002 - 8:00 a.m.

All incarnate beings serve one and the same cause, imposing and unique because it is divine. They put themselves into this service, in various degrees, generally being unaware of it. To approach the great mysteries gives meaning to this life; it takes shape differently and it lets them foresee extensions, which are preferable not to neglect. The deepening of one's spiritual search gives man a quiet force. He does not fear physical death any more; he considers it as a stage in his process, clearing his way to another world where he will have to identify himself far from human criteria. He will then discover his true personality, divested of the attributes of a momentary incarnation. He will no longer be a king or a beggar, only himself, i.e. the good things he will have built from stopover to stopover in the long journey of a personal process. He will have surprises, good ones – so we wish him. By building his spiritual life as well as possible, he prepares for himself a luminous way, which he will carry on peacefully in other places.

Saturday, June 29, 2002 - 8:00 a.m.: Relax; let your heart open up favourably to our contact. Meditation is sovereign, you see; it opens the doors and provides you relief. This space is only yours; it is developed upon request, by disregarding negligible aspects. By releasing yourself from external turbulences, you should be able to use this means at your disposal to unite with the Divine. These moments are precious to you; they enrich your spiritual life and make your life, as a whole, favourably balanced. The harmony that you create in yourself can be felt outside, and is appreciated in your circle. The heart does not hold its light egoistically; it makes sure that it benefits those who can perceive it. You should become the torches of this world on the march, which is preparing the new race: vibrationally elevated, capable of making men better and benevolent towards their brothers. This is not utopian; the Earth will not remain at this quite distressing stage. Everything can evolve towards good; let's work together in this direction.

Tuesday, December 14, 1999 - 8:00 a.m. The foundations of the Mission are solid. The greatest persons turned their attention to its creation. They inspired in us the development of a simple practice suited to this time and a teaching that, in its diversity, is accessible to all. It differs a little now; it is adapted to the current way of life. We must proceed more quickly, be more concise and remain at a level which all can understand. Being accessible to everyone touches hearts more easily. More esoteric writings are available for those who are interested; it takes all sorts to satisfy the greatest number. There is a great variety among our candidates; we must take this into account. Even if the truth is held in a few words, we sometimes need many of them to make our brothers become aware of this reality. We must touch the various facets of their minds and it takes several means of expression to obtain this result. Each one through different ways wends its way to this heart that is so often quoted – the seat of the soul, sacred place of your body, in which ultimately all your attention must be focused.

Thursday, December 2, 1999 - 10:00 a.m.

Lao-Tze got it right: love triumphs over all. Love is the best thing which man can receive or give. Nothing good, nothing important – humanly speaking – can be done without love. You can cultivate it in you; let it grow to the extent that your cells are imbued with it. If you act, if you fight for a right cause and if love guides you, you are bound to succeed. Sooner or later, your efforts will bear fruit. See the example of the Mission, the progress made in twenty years; it is negligible in comparison with eternity, but what a result! Love is of the divine essence; its vibration is powerful; it represents a force which you cannot suspect. That of the atom is powerful also, but it can be terribly devastating. Love is a creative form, unique; it is sublime. It is a divine gift, the importance of which incarnate man has started to realise. This concept cannot reach its apogee on the Earth; it prepares you in this life to perceive it as an imposing force on other planes.

Monday, November 28, 2016 – 10:00 a.m.

Everything passes, it is said; only essential values endure and maintain a desirable level with regard to spiritual evolution. This evolution is a priority for us, as it should be for every human being. An incarnation is an opportunity offered to each person to develop his or her potential, the most precious one there is – namely, the capacity to open up to divine Splendour. Isn't it the only true asset a human being has and what is found again from life to life. It manifests in different ways, but for each person it opens up perspectives on the Infinite. Regardless of the place and a person's race, a human being possesses this unique asset that asks only to blossom. Yet it is necessary for a person to be aware of it and to look for a suitable path. Such a path gains a foothold when necessary. The soul yearns for the Divine, this no longer needs to be proven; all that remains is for one to become aware of it, in order to fully realise it. Then the path becomes clearer, even if life on the material plane is not simple; this compensation is given to human beings enabling them to unite with the Divine. Then the most beautiful of paths remains to be travelled, when love genuinely carries it, that path becomes the true challenge of one's life. Only this achievement is the surest and the most decisive for the succession of events to come. Blessings to all.

Tuesday, March 5, 2002 - 10:00 a.m

The humblest creature, the most self-effacing one, can lead a richer life than a king. His heart can conceal the wonder of wonders without anyone knowing it. It thrives on this special treasure and does not envy the fate of those recognised by the world as 'great'. We take extreme examples, but this kind of treasure can be acquired by all those who call for it with sincerity and fervour. This state is not granted easily; one must deserve it. It is possible to lead a very active life and to cultivate inside oneself a kind of detachment from worldly matters. The spiritual life can be dissociated from the social role that the entity must assume. Only the being's profound aspiration to follow his way must prevail. It [aspiration] must find its place in the busiest life and open out with time. A wise man can put things in perspective. He makes non-contradictory choices. He is complex in his essence, but he can perfectly balance his life in a satisfactory way. Everything is possible to a man of goodwill. He advances in life peacefully, knowing that he must see the experience through by doing his level best.

Thursday, March 24, 2016 – 10:00 a.m.

Sufferings are not in vain, as we have said often enough. It is not easy to take on such a journey with surrender and joy – a joy that allows one to transcend the heaviness and trials that an incarnation holds in its numerous aspects. The laws of karma are inescapable, in what can be painful or good. Thus what must be is accomplished, revealing the being in its initial beauty. We are witnessing the journey of great and beautiful souls. The path of Sahaj Marg attracts and motivates them, one might say. They see in it a means to grow, to perfect what already exists – but even more, to go further, onto these enchanted shores where the united Masters prepare the best that can be, well committed as they are to this action and more attentive than ever to this humanity in distress. They can't do everything they would like. They act in their own manner with all possible love, without being able in the current era to remedy all ills. Preparing the future era is for them a priority in action, their dearest wish. How to make life more just and humans more fervent and active in this spiritual journey that is so instrumental in their evolution! Nothing beautiful or great can be built without an investment at all levels. Our action is broad and special in its results; they cannot be easily assessed, but the approach is worthwhile, you can be sure. To you all, motivation for the best, under our blessings.

Wednesday, September 1, 1999 – 10:00 a.m.

All is not over, my child, you will still take down some beautiful messages; our scribe has not retired. It is actually necessary, through them, for you all to kindle your inner fire. Do not weaken, be vigilant, centred in the way we intend. Advance in life while living normally, but staying connected to the essential – the heart of the heart which is inside you all and which holds the key to everything.

Sunday, August 12, 2001 – 8:00 a.m.

Our way will develop more and more, because it is suitable for today's man and it will suit even more tomorrow's man. He will need this enlightenment on real spirituality divested of any constraint: religious, restrictive and sectarian. He will appreciate having within his reach a simple system capable of putting him in tune with the reality of his being, meaning the omnipresent divinity in him. His heart holds secrets, which he would like to penetrate. He is intrigued by all this potential he is sensing, but which he cannot use as he sees fit. He is looking for a key that will give him access to this treasure. To him, our way seems to be a simple means within his reach, and answering his profound aspirations without any formal commitment on his part. The searcher of today wants to be free; free from any domineering system that induces feelings of guilt. To progress in complete freedom, except for the redeeming requirement of sadhana, and under the guidance of a Master, neither domineering nor exacting, this is what man of this century aspires to.

Sunday, March 27, 2016 – 10:00 a.m.

Surrender – that is what determines the path and progress of the abhyasi; by breaking free from its chains, the being reaches the goal more easily. There lies an Eden, the best that can be, and reaching it is the most beautiful attainment. So many incarnations have made you what you are today. It takes much time and multiple trials to reach the stage of current understanding. This achievement is precious, you can believe it; a life is not simple and it can be harsh, at least in appearance, since trials are so necessary to a person's journey. Acceptance saves time, averts confrontations and sometimes clarifies situations that are hard to accept on the human level. The school of life has no end. Until the very last, it plans out everything in such a way that it could not be otherwise. When the time of delight comes, all current ills will lose their significance. To advance in the way of 'Love' – this very subtle energy capable of generating surprising and edifying results for the remainder of this journey – is it not the most beautiful achievement. Attaining it is a rare blessing; it is prepared, for each one, under our blessings and with a steadfast and fervent practice, one that leads to the delight of the soul, for our greatest joy. Special blessings to all.

Thursday, October 13, 2016 – 10:00 a.m Detaching from what is unnecessary, seeing only the good and the beautiful in all things, allows one to focus particularly on what is essential, that which is decisive in a life. How many struggles and trials must be overcome in order to understand the true purpose of an incarnation. A human being cannot know everything about his or her past history; what is done is done. No one can change anything about what exists, but everything is possible from this moment on. Many of our abhyasis understand this, they work accordingly, and every step taken from this perspective is decisive for the future. Everything is counted, very much so. Thought is an act, and this should surely be considered. Self-control is not always easy when one feels assaulted in one way or another, and yet this is to be considered. Efforts must be made in this direction in order to attain the goal. Perseverance and faith are decisive in this very special design, in which everything has been foreseen and counted, and this for a long time. To do one's best, with faith and confidence, is the wisdom that is appropriate. To all, the best from the united Masters.

Sunday, August 19, 2001 - 10:00 a.m. Some days are more favourable than others for these contacts. Your physical state and the prevailing circumstances determine the vibratory quality of the moment. This does not question your capacities as a medium. You transcribe more or less easily, but the thought is respected, rest assured on this point. The vibrations of the Earth are not always favourable for us either. This planet is polluted at all levels and the situation has become very worrying. How can mankind be slowed down in its insane race to what it calls progress? It is more and more entangled in a time bomb it believes to be under control. It is nothing of the sort; this power is growing and will defeat it [mankind] inexorably. Man takes pride in controlling nature, which is preparing a spectacular turning to ensure its prerogatives. As we already said, the universal laws should not be contravened. They take their time, but everything here below will have to revert, in an immutable way, to the initial course of its life established at its origin. Life on Earth seems long to you, it is only a crotchet rest on the stave of time.

Monday, May 10, 1999 – 8:00 a.m. The summit to surmount is in you, Outside you, there are only illusory mountains. Don't burn your wings on the flank of the mountain, the one raised by humans. The summit to surmount is in you, Outside you, there are only illusory mountains.– Oria
All is said in this poem. So many pathways, detours, and vain climbs do we take before finding the right approach, the right direction to go in. From life to life, we wander without any real goal, until the day when the soul wakes up and starts to truly seek. Outside ourselves, indeed, there are only illusory mountains. This summit to be surmounted, how much effort does it take? The true blessing is to have the 'right Guide' and to arm oneself with courage. Does one really want to reach the summit? That is the question. A high-level Master and the aspirant's determination, that is the right formula. The foundations of this work having been laid, it remains to act and advance step by step with faith. We can help you all in this climb, patiently, while taking into account your weaknesses, as does a high mountain guide. Perseverance and total trust are indispensable. Inevitably the summit will be reached – when the trajectory is good, it cannot be otherwise. Keep in mind this image. See yourselves trying to scale a high mountain. Don't keep looking at the summit, you would get discouraged. Move ahead patiently without ever doubting the attainment of the goal.

Sunday, August 12, 2001 - 10:00 a.m Many men, today, are trying to have a clear understanding of themselves. Their true nature intrigues them. They are released from superstitions that have dominated the world until now. They can foresee a different reality than the one generally taught. Concrete and striking facts will enlighten them on the realities of creation as well as on their own identity. Millennia have passed and knowledge has remained limited to a restricted number of individuals. This century, which is preparing the age of enlightenment, will speed things up. Man is wondering: where is the truth of his nature and what is the actual meaning of his life on this Earth? Wrong teachings were passed on from generation to generation, restricting people's minds and maintaining them in ignorance. The truth would give them strength, a power and the possibility to lead their life successfully, according to their targeted results. From this incarnation, with a view to a future and real evolution, they would be able to act with full knowledge of the facts, free in their choices and gearing their efforts to the goal to be reached.

Saturday, August 18, 2001 - 8:00 a.m

We know that doubt will never stop suffusing in you. The main thing is that, in spite of that, you do fulfil your role as a scribe. It is your capabilities which you are questioning regularly, and not the fact, which you consider as normal, that we can communicate. This gift conditions your life; you cannot react to it like the majority of your fellow creatures, since you get a glimpse of the prospect of an elsewhere every day. Real artists also are mediums of another type: they generally capture sounds, forms and colours from another world, and these perceptions inspire their work. The great works that influenced humanity, and will continue to do so, are the fruit of this special communion. Man, by nature, is not creative enough. This kind of inspiration is not recognised as such, and yet man by himself does not actually create; he is a piece on the large chessboard, operated by the hand of a giant. His pride may lead him to think that he is a genius; he is only a servant subjected to the goodwill of his Master.

Saturday, August 18, 2001 - 10:00 a.m.

Your riches – hidden in a faulty instrument as you define yourself – are productive because they are offered to serve us. You find it difficult to accept this physical body which constrains you, but love distilled in your heart makes you play down this inconvenience. Your vocation is to serve; this is what you have aspired to from your youth. A heart offering itself sincerely is necessarily heard. It manages to find its way, guided and supported by the solicitude of its guides, until the moment when the Master appears; then begins a special relationship. Every being has an asset which he can develop and use to serve other people, through the means serving his inspiration. Surrender is a strong aspect in this context; serving entails going through this stage, which it is not easy to practise. When this connivance works, the best results are necessarily obtained. One's eagerness to serve, above all, provides true joys. Feeling this availability in oneself has a stabilising effect, which gives a meaning to life: it [availability] is worth living and fully utilising by divine grace.

Tuesday, August 21, 2001 - 10:00 a.m

You know very well that life on this Earth cannot be perfect. The very principle of an incarnation is to include a number of ordeals and quasi- permanent worries to allow the entity to learn from the school of life. How could this incarnation be rewarding without having to take up this challenge? Living in complete peace would become monotonous. Imagine how your life would be without even the least hassle: could you appreciate, with as much delight, good moments that occur to you? Believe me, all is well like that; one day you will be able to appreciate all the truth of these remarks which are not absolutely convincing you today. The personality of a being is shaped with time, as well as by the wisdom which leads him to accepting his destiny. This stay on Earth is unique; it gives you the best tools to achieve your chef-d'oeuvre [masterpiece]. What will become of it? It is up to you to see and fully realise the opportunity being offered to you to succeed. Be cooperative; we are helping you.

Sunday, August 19, 2001 - 8:00 a.m.

The wheel of life spins round incessantly, likewise anything subjected to it. "It knows no pause. Some form of rest takes place visibly in nature, in terms of the cycle of seasons whereby it seems to slacken its pace at some periods of the year. Appearances are misleading – the most beautiful summer is being prepared under the cover of this sleep. Its vibratory frequency changes, but it remains active, true to form, though different in the eyes of men. All the living are subjected to the same laws, immutable, unchanged since the beginning of time and probably until the end. The human being cannot elude established rules. He can, to some extent, adapt to climate differences, but out of his natural environment, he cannot live a long time. His capabilities in this field are very restricted; he has managed to partially break these rules, but he is far from controlling nature. He will still have to resign himself for a very long time to live under these conditions. God is great; the laws governing the universe are subjected to His omnipotence, and man, in this plan, is infinitely small.

Wednesday, August 22, 2001 - 8:00 a.m

Becoming as one with the sublime presence inside you, this is what you must aspire to very deeply: that the same breath should unite these two beings, so close and so different at the same time. It is not easy for an aspirant to understand these subtleties. What is this presence exactly? [It is] the unique part of your own person which defies time, an incarnation and your conditions of life. It resists all the torments; this life is only an episode for it, which cannot undermine its divine substance. It deserves all your attention and most fervent care. Nourish this presence with your regularity in your spiritual practice; cherish in your heart noble thoughts, full with love – they are its richest nourishment. You should know how to dissociate it from your material life, by giving it first place; thus, it will necessarily bloom in this conducive environment. Its very essence will be reinforced by this climate, which you will be able to establish. Let this divine presence widen its sphere of activity and guide your life for your greatest good, since you will thus be guided towards the beautiful and the good, with no risk of losing your way.

Wednesday, August 22, 2001 - 10:00 a.m

When you become aware of this parallel life in you, a step is taken towards fusion, the ultimate goal of your spiritual journey. It takes much time and patience to arrive at this outcome. When you reach this point, you will have gone a long way characterised by many incarnations that will have punctuated it. The fruits produced by them, their quality and the subtlety of their smell, will be decisive in this achievement. This step forward rigorously counts all that can enrich it. When your objective is well targeted, your efforts necessarily bear fruit; it cannot be otherwise. Nothing is lost in this subtle game of the progress of a soul towards the main thing. Imagine the total union – sublime – of its pure essence, having attained the height of glory, as it merges into the Great Whole. The way is long, difficult, but it is rightly rewarded. The greatest spiritual Masters said it to you: what they did, you also can do. All you have to do is to have a will. The time it will take you to succeed in this doesn't matter much, only the final result does and this prospect must motivate and enrich you.

Thursday, August 23, 2001 - 8:00 a.m.

Yes, let us repeat it to you: we like your rebellions, followed by such a beautiful surrender. Rebellions are only human; we also experienced them on this Earth. The ensuing surrender is deep and truly felt, just like the calm after the storm, which is soothing. In those moments when the heart finds again the joy of loving and giving, a song rises towards God, a merry melody expressing gratitude; all is possible on this sea of serenity. Storms are unavoidable; it is the law of the elements governing this planet, and man is subjected to their effects. He becomes agitated and calms down according to the currents leading his life. When he again finds peace in his heart, he enjoys these blessed moments when he feels so close to his God, to His sublime presence in him. In those moments, the osmosis is rare and complete. All is well, child, so He may seem to tell him: may your heart be fulfilled, since it loves above all. Whatever happens, never stop cultivating love in your heart; this flower, rare among all, is precious in the eyes of the Creator.

Wednesday, August 29, 2001 - 10:00 a.m.

You see how this dive into yourself is refreshing; it brings you back to a more right interpretation of the events marking your life. We can never tell this enough to you: do not get involved too much in all your terrestrial tribulations, only the minimum required, not more; it is not worth it. Nothing lasts, everything disappears with time; joys and sorrows become one and the same and melt into the fabric of time. Only a thread of light can give it its greatest value. Strive to get around the stones on the road. When they inevitably stand in your way, be in acceptance; your attitude will help you find the best solution to the problem. Your trials are within the limits of your resilience. Your moral strength is an invaluable help in these circumstances and your surrender reduces the burden. Make sure you keep the heart of a child, loving and trusting. It is not always easy to face up to things with philosophy. What will remain of your life, of this incarnation? Will it meet the objectives set in advance? Take stock of your life very objectively, be lucid, it is never too late to change your behaviours and your way of thinking. The way to perfection is opening up before you; may you proceed on it with confidence.

Monday, July 30, 2001 - 8:00 a.m.

The picture is: human beings are complicated, sometimes unpredictable in their reactions, and disconcerting. We must try to foresee their likely behaviour; in some circumstances it is better to proceed this way. Human nature is dependent on many external influences, emanating from various elements. The movement of planets plays a significant role in the way of being for everyone, much more than you think. You know that the moon influences the tides and conditions human behaviour; you can find relevant evidence in the development of pregnancies because it is obvious, but you are subjected to many influences of this kind that you have no idea about. Planets interact with each other; things cannot be otherwise. Creation is as one large body whose many elements interfere with each other. Your thoughts are powerful waves that defy distances. Be vigilant about all your mental constructions; they condition you and affect your life. Develop yourself harmoniously; root out from this garden – where the good grows in a scattered way, but also the undesirable – all that can harm your progress. Let the best grow inside you. It will make you grow stronger and will constitute a capital likely to foster your spiritual progress.

Thursday, August 30, 2001 - 8:00 a.m. My son has lost his enthusiasm. All our love and our encouragements are not enough to restore in him the strength he needs to face his heavy load. For him this year has been sorrowful; he was not spared the strokes of fate. Some of our aspirants have exercised considerable imagination with the intention of harming his person, in a diabolical way. His stature attracts this kind of force; it is the eternal struggle between good and evil. Slanders leave scars on the minds. They have devastating effects. Let us pity these beings, easy preys to dark forces, who do not realise that they commit evil. Beware of judging, in all circumstances. It is not up to you to do so; you do not have the whole picture for that. The only criticisms the divine laws authorise you to make relate to yourself. You have enough to do with your own tendencies; a lifetime will not be enough for that. So, for pity's sake, pray for your brothers, so that mankind can rise towards perfection and you all can advance together towards the light.

Monday, July 30, 2001 - 10:00 a.m. My daughter, we can hear you; a faithful heart that calls us fervently is always heard. Even more so when the time of our appointment draws near. All this process intrigues you: how is this contact happening? What is the prelude to it? There also we cannot be more explicit; all you have to do is to live this situation and accept things as they are. Wisdom requires this mystery. Explanations would complicate everything. What you are experiencing is special and there is nothing your fellow creatures would gain in knowing more about it. These are subtle processes, which we are using to help Earthlings. The divine laws are unknown to them; an overview would be of no help to them and would result in muddling them. They are hit by so much information of all kinds that we will not add to this profusion. Our contacts require some regularity, adherence to schedules – a sort of ritual to facilitate a good and quick connection. On this point also, we are satisfied: you do comply with all these requirements by putting your energy at our disposal, and your love in our service. You fulfil your role perfectly; the choice we made at the outset has proven wise. The result is there in the form of these thousands of messages, some of which we hope will eventually touch the hearts of our readers.

Thursday, August 30, 2001 - 10:00 a.m.

When your fellow creatures do not want to understand something you find obvious, go your way, leave them in their way of seeing things. You cannot change their understanding; give your point of view if it is requested, and do not linger around. It is the best way to proceed. Masters themselves behave the same way. No human being possesses the truth; the strongest is considered ignorant by his brother. Man's intelligence is limited, he cannot imagine to what extent. Is he deluding himself about his capabilities? If he takes the trouble to observe well his fellow creatures, he can only be aware of his own limitations. Mankind, on this point also, does not have reason to think it is superior. It is only a strange species, being carefully observed by exceptionally well-advanced extraterrestrials, as you call them. A rather dangerous species in some respects, when its desire to explore the worlds makes it commit the worst excesses and mistakes endangering the balance of the universe. How can these extravagant behaviours be neutralised? It is up to you to imagine how.

Friday, August 31, 2001 - 10:00 a.m.

Molecular structures of man, in general, are not configured to face this standardised life where electronics govern the smallest details. For some [people], the necessity to face up to things will create a real shock. Part of the population will adapt, but the gap will widen and leave behind others who will not be able to follow. When will this track race stop? Time, in its legendary wisdom, will replace this planet in its own ways and will sweep away this devastating civilisation, when the time comes. You, our aspirants, need not be worried. Your progress cannot lead you to falling; quite the contrary, it raises you above the worrying pollution of this world and protects you from its excesses. You give a profound meaning to your life. You organise your human businesses as well as possible and you have the wisdom to devote a good part of your time to spiritual matters, of which the real meaning has not escaped your attention. You will make a success of your life, since you preserve the main thing by giving it its true place. Be blessed and in peace, all is well.

Friday, August 31, 2001 - 8:00 a.m.

Are we not the evidence that interplanetary exchanges can take place? Modern means of communication can compensate for channelling. Future times will be full of relays of this kind and nobody will see anything wrong with that; the evidence will be there, undeniable. Man of tomorrow will have to adapt at all costs, at the risk of being considered as a misfit emerging from past centuries. In the second half of this century, technology will reach its peak. One will have to follow progress to the letter, to be not too much out of touch. Don't feel afraid of this prospect, you who do not view favourably this proliferation of modern means that will govern your life more and more. Whether you like it or not, you will have to adapt, you will have no alternative. The poor Earthlings limited as they are in their understanding will be more and more astounded. What will become of the spiritual man in this revolution? It is up to you to see and advance in a way that will be of great help to him, by preparing for him solid and friendly facilities that will answer his aspirations on all points.

Wednesday, August 1, 2001 - 10:00 a.m.

You can find more detailed explanations than ours in this book. We cannot provide such descriptions; such is not our aim. We do not find it vitally important to expound to you the reality about the creation of the current world. Our aspirants, those actually willing to make an effort to read us, will have so many elements to assimilate about their own evolution that we do not need to dwell any further on details – which, however important, are irrelevant in this context. With the passage of time, we clarify some key points likely to help you in your comprehension of the universal plan and its impacts at the human level. All these complicated concepts (for the great majority) would not add value to our main objective of helping you in your spiritual process – which to us is the most important [objective]. Intellectual curiosity can be satisfied with other readings; there are many of them which are almost sound, whereas many are to be excluded from your choice. Avoid cluttering your mind with intellectual digressions that may distract you from your true search; only it is rewarding.

Thursday, August 2, 2001 - 8:00 a.m.

This is what the life of an aspirant to spirituality should be: a hymn to love, a duet with the divinity that would also make the angels delighted to hear it. Cultivate love in your heart, it is a powerful torch which lights up your way and allows you to see all its aspects. Until the end of these messages, we will glorify love; you cannot imagine how powerful it is. If men were actually willing to use it, it could by itself neutralise the atom and its trail of nuisance and death. Torturing, killing and massacring savagely – this is what some men do to assuage their need for power and domination. Fortunately, you do not have a global vision of the world; you would be frightened by so many horrors [put together]. Without indulging in these visions of horror, pray for the ending of this rule of malefic forces, which must be unceasingly fought against with the only possible and desirable weapon – love. Support us in this work; see to it that thoughts of love arise from your heart more and more to make this world evolve towards beauty.

Sunday, August 5, 2001 - 8:00 a.m.

My dear daughter, never doubt your capabilities nor the help you are providing to people around you, which goes well beyond what you can imagine. The world is [made of] physical and moral suffering. It is both karmic and upheld by human foolishness and selfishness as well as men's arrogance. Regain your strength in the purity of this place, which cannot be reached by these miasmas. This way out is at your disposal as well as every one among you, our aspirants. Perseverance in practice as well as your repeated efforts in following us on this initiatory journey ends up bearing fruit, which you can relish. Spiritual life that developed in you with the passing of time, managed to create this small haven of purity where you can rejuvenate yourself. In this space, you can really find your own way, face your true nature divested of all that can weigh heavily on it and slow it down in its divine expansion. Whenever necessary plunge inside yourself and there, prostrated at the feet of the Divine, you will become immortal.

Wednesday, August 15, 2001 - 8:00 a.m.

Your recent readings have confirmed what we said in the prophecies. "In these messages, we cannot go beyond a certain threshold. We must limit ourselves to what is essential for your spiritual development – which is the purpose of this work. The number of these messages is substantial; we must spare the strength of our medium for the main thing. Put on hold the series 'Prophecies', for the moment. We will pursue this daily contact as long as possible. You will thus keep in touch with us, continuing quietly on your way, connected to the heart of your Masters who are only as one, at the most subtle and divine level. You are lucky to benefit from it from now on. This mass of information will remain unknown for a very long time, and one day, it will reappear and commence its real path: to touch the heart of men during painful times that are devoid of a way out. This manna rediscovered will be appreciated by abhyasis of the future whose beliefs will have extricated themselves from the jumble in which men have been kept for centuries.

Friday, August 17, 2001 - 8:00 a.m.

We keep drawing your attention to the smallness of the human being to really sensitise you, our aspirants, on the efforts you must make to lift yourself up to a higher level. These efforts are in keeping with your nature; we expect of you nothing impossible, but only to try to improve yourself. Your spiritual practice puts you under favourable conditions. That you chose this process shows that you aspire to rise and transform yourself in every respect. Observe the reactions of your heart: its impulses, its real agitations, its aspiration to purity, and its desire to free itself from the human gangue, to take off and glide free and happy in the purified spheres. This wait, this request emerging from the depths of your being, is a glimpse of the best. The ultimate goal is dawning on the horizon. Your efforts are not useless; they will succeed, rest assured of this. A day will come when the sacred union will occur. Never lose sight of this achievement which you must aspire to with all your might.

Saturday, September 8, 2001 - 8:00 a.m.

You prefer to be self-effacing and preserve your anonymity, but your place in Sahaj Marg will remain a special one. You are our medium, chosen and approved, with due respect to your modesty, and your role is far from being negligible. Through our exchanges and the resulting messages, we give a special teaching that will appeal to many hearts capable of understanding them. Therefore, never underestimate your work; it has a long life reserved for it, full of twists and turns as well as dormancy and reawakening periods. This is how life goes, with ups and downs, as well as with multiple episodes due to the dynamics of this world. You are doing what we expect of you and this is all that counts. It is preferable not to enlarge the circle for the time being, for caution's sake. Well-intentioned people can feel like pouring out their heart, so it is better to remain discreet. This is preferable in the climate of suspicion prevailing in France and which is likely to develop. The history of this country is full of so many and repeated excesses. They left, in the past, sad memories. Let us wait for the favourable moment before disseminating these messages more widely. Try to keep in your heart the benefits they provide therein and share these benefits indirectly with your fellow creatures.

Saturday, September 1, 2001 - 8:00 a.m.

If man actually wished to realise how small and limited he is, he would be more tolerant towards his fellow creatures. His purported superiority over some groups of individuals, [according to] their social background, race, skin colour, would be brought to considerations more right. There is still a long way to go before men, divested of their arrogance, consider themselves as equal to one another, even if this notion is not easy to admit. Don't be afraid, my dear daughter, these comments may not seem clear to whoever does not want to understand; if at least they touched only one heart, they would not be useless. No element of the human mosaic is negligible. These elements add value to one another and they have their respective importance, which is not necessarily visible. Each cell is identifiable as belonging to the same body, which cannot disavow any one of them. All this may seem abstract; wonder about the need for all these differences, which intrigue you or which shock you, in some circumstances. Humanity is a large suffering body, which is trying to cure itself of leprosy; the relevant efforts must be unanimous and made with tolerance.

Friday, September 7, 2001 - 8:00 a.m.

The resources of the inner self are infinite. They are a potential world that does not know its own limits, since it is connected to infinity. The incarnation of human nature is only a process towards man's perfection and unification with the whole. Man, in his fragility, cannot suspect which stake he is involved in. It is about a combat, edifying in many respects and from which he must emerge victorious. All these considerations do not mean a thing to you. It is not easy for a human being to understand all the subtleties that govern the real meaning of [a being's] life on this Earth. He [a human being] is only a minuscule dot in this boundless set up; how could he find his bearings beyond his own limitations? He is sometimes disconcerted by life on Earth; he does not understand all its aspects and wonders about the meaning of his own existence. The best-informed ones have reference marks, related to the vagaries of the many reincarnations they went through. Building on these elements, they manage to grasp the importance of each return to life, here below. They make sure that their existence is full of true values that will accompany them and form part, forever, of their history.

Sunday, December 19, 2004 - 10:00 AM.

This world is in turmoil, and human beings are running all over the place as if they were frightened at the first sign of danger. They get drunk on noise, and their equilibrium is disturbed by images, many of which are polluting and generate various evils whose cause in certain cases relate to this lack of interiorization and serenity. All this contributes, on this Earth, to endangering life in its various aspects. In the current cycle, man is entangled in a system that he cannot reverse by himself. The elements will do it in due time, driven by a divine will, the only one capable of restoring normality in this world. The relevant cost will be heavy. How could it be otherwise, since man destroys shamelessly what creation offered to him in terms of admirable things, orchestrated in the minutest details aiming at reaching perfection? What does a spiritual man become in this turmoil? He does his personal best; he tries to find himself, while seeking a favourable way out, a way that corresponds to him. Nothing is simple for him. Spurred on by a critical mind like all his fellow creatures, he neglects sometimes the essentials and dwells on inescapable human failings. Only common sense and his thirst for the Divine will inspire in him the action to be taken. Among his brothers who, like him, are involved in a process capable of leading them, he must disregard human weakness and consider only the goal to be reached. The goal has to be attained through a spiritual Master who can guide him and inform him in the secrecy of his heart, where wonder is being developed and where all the delights are.

Wednesday, June 7, 2000 - 10:30 a.m.

(Looking at Babuji's photo in front of me in meditation and seeing the upper part of his face in relief is a moving experience.) B: No, you are not dreaming, I am here. Words are superfluous. Content yourself with this experience today. Rise above the worries of this world. Let your heart delight in the grace you receive. It extends to the brown-headed ones you carry in your heart and to this girl so close to your heart, who is courageously going through a painful trial.

Friday, August 3, 2001- 10:00 a.m. My dear child, the way to the goal is long and difficult. Neither hours nor days spent in this process should be counted. The aspiration to be united with the Divine is a latent state, which becomes an inherent part of life, [becomes] life itself, shall we say, at its most rewarding stage. When it [life] goes down this way, a significant step is taken. The guide intended for the aspirant appears in one way or another and a constructive work can then start. It is necessary to do the spadework and clean little by little. This action necessarily brings about painful reactions to the person concerned: this is the price to pay for his horizon to get clearer. Will and perseverance are the keywords in this business; patience bears its fruits. Easiness is an unknown notion in this system; the effort in itself generates noticeable results. We do not promise you the moon, we want to make you become clear-headed and to encourage you in a process capable of changing your life and beyond, with our blessings.

Saturday, October 9, 2004 - 10:00 AM. The communion of souls having the same spiritual identity contributes to the elevation of humanity. It is the case with our way, and that is the reason for its existence—its *raison d'être*. A current like ours plays its role in the transformation of the world. Its expansion has no other goal than this one. Divine laws apply in many ways; we are an example of that. On Earth, all is set up slowly, according to the movement of this planet and its vibratory level regulating all aspects of life. Worlds have their completely different characteristics in most cases, hence the difficulty for Earthmen in identifying life beyond their own sphere. Their knowledge is limited to this one; they are not privileged in the current state of evolution to determine the plurality of the worlds and what characterizes them. The whole creation makes light of men's limited knowledge. It holds great surprises for them. In future times the face of the world will have completely changed for the good of all and, by extension, for all those who are currently suffering from the aberrations of humans that endanger a whole balance necessary to life. The movement is irreversible; nothing will stop here below this frantic process of polluting and destroying on the pretext of modernizing and producing on a large scale. Sooner or later errors must be paid for; this civilization is going too far in terms of excess. A brutal brake will be put on this destructive system—it is in the nature of things.

Saturday, October 6, 2001 - 10:00 a.m.

My dear daughter, you are giving your best to serve us by devoting a large part of your energy to this work. Texts that marked humanity, many of which still remain in this century, are the result of highly inspired writings. Prophets also were inspired. They left to the world a teaching full of common sense and love. Religions, in their turn, got hold of them and created all their own specific rules based on this fundamental framework. Men added on to it what they believed would serve a right cause, by working out a whole system which differentiates them from each other. Every religion has its good points; sectarianism results from views limited to groups that appropriate this teaching by interpreting it and distorting it. What they add on to it exceeds the framework of the initial teaching, which spoke only about justice, brotherhood and compassion. Wisdom is not as widespread on Earth as it should be. If these great missioned people were listened to and followed scrupulously, humanity would not be in a critical and dismaying phase, as is currently the case. May the heart of men change and open finally to divine reality.

Sunday, October 7, 2001 - 8:00 a.m.

Only perseverance enables you to succeed in your undertakings. It is the tenacity of your efforts that makes of you what you are in all manifestations of life. You may think that these remarks are common-place, and yet your success hinges on this quality of yours. Since your cries at birth, your existence has constantly required effort. Any life, in the entire creation, entails a fierce struggle to face up to the many difficulties associated with it. Your sadhana itself requires a great amount of perseverance. You engaged in this process, without any idea of how important it would become, in terms of setting a guiding line to the organisation of your daily schedule. By devoting a portion of your time each day, you have placed yourselves on the pathway that, while advancing in time, will open wide the doors of the sacred temple to you. This success calls for a specific space of time to be devoted to it in the course of the day. With the passing years, this ritual will become a real need, which will be part and parcel of your priorities. We wish you the success which corresponds to your aspirations, since we are helping you accordingly.

Monday, October 8, 2001 - 10:00 a.m.

In creation, man is a large-scale predator. Nothing stops him; he has many motivations. At all costs, he has to demonstrate his power, his thirst for domination – [out of] interest and [for] all good reasons, according to his statements – to justify destruction. It is not easy for you to remain objective: you do not have the full picture, in which case it is better to abstain from judging. Try not to cultivate hatred in you; it is a poison that destroys man. Continue on your way while trying to comply with the sense of wisdom that develops in you through your personal research. Work towards good; the great trends of societies are beyond you. Do not let yourself be dragged into activities where you do not have your place. Be wary of false prophets, so-called defenders of the people who do nothing but confuse their fellow creatures. Be vigilant in the future; try to remain clear-headed without falling under the influence of leaders driven by an overweening ego meant to satisfy their pride. You should, in all circumstances, remain as points of stability with perspicacity in your appreciations and wisdom acquired through your spiritual path.

Monday, October 8, 2001 - 8:00 a.m.

The whole life on Earth represents only an illusory large scale role-play made of a series of landscapes changing with the passing of time. Chiaroscuro effects enliven the whole setup and throw into relief all the diversity of mankind. The current period will enter a particularly difficult phase, characterised by an upsurge of the hatred that was repressed for a long time and which is likely to kindle violence across the world. Horror will need to be experienced to the bitter end for men to calm down in the face of terror stirred by raging elements. Our genre today is rather of a non-poetic nature, but we have to face the facts since the worst cannot be avoided. The hegemony of a people, a race, over the others must sooner or later lead to the worst excesses. The same stories have been repeated endlessly since time immemorial; the difference lies in the sheer size of the means utilised and their destructive power. What could contribute to the well-being of humanity is used only for its loss. We are powerless to calm things down; we can only witness and work at our level so that ultimate salvation will ensue.

Tuesday, October 9, 2001 - 8:00 a.m.

The Earth must go through fire for a new world to emerge. This period will be long and painful. Some countries will be more affected than others; it is always the case in such a situation. When hatred compels people, it is difficult to stop them. We are powerless before the magnitude of the movement, resulting from long years of incomprehension on both sides. Religions divide people more than they unite them. Such was not the aim of the great prophets whose mission was to help humanity. The truths taught have been distorted because they've been interpreted by minds devoid of integrity. There's no war that is just; not the war of weapons and the terror they engender. You who have all acquired a certain greatness of soul, be moderators in your thoughts and words. Avoid hateful feelings, easy criticisms and judgements coloured by your human condition. Try to be fair and moderate. Cultivate love in yourselves and keep it intact for all your brothers and sisters who are struggling, whatever their side. They are creatures of God, grappling with the most sinister feelings, and as such they are to be pitied. Have utmost compassion for them all.

Tuesday, October 9, 2001 - 10:00 a.m.

The Envoy: Some people in the world are suffering painfully; you are until now amongst the privileged ones. It is necessary to face the facts on this point and be thankful for being spared. The wheel of fortune spins round and you are likely to undergo the collateral effects of this terrible war which is brewing. Remain surrendered to the divine mercy, which finds its justification in facts incomprehensible to man. Your life does not end with this one; therefore continue on your path with faith and hope for better days when men will wish to see reason, having been defeated on both sides by their own struggle. Each one is convinced to be within their rights, and does not want in any case to consider their brother who is on the other side. When men have the wisdom to recognise that they are of the same essence and are the children of God on the same basis, whatever their origin, the world will have taken a great step towards wisdom. It will prevail in future times; so call for this peaceful and salutary revolution for mankind that, without it, is on the road to ruin. Only the supreme grace can save it.

Wednesday, October 10, 2001 - 8:00 a.m. The Envoy:

Your Beloved is a highly elevated being. He has a wide field of action and very many functions. He is omnipresent on several planes at the same time and his work is colossal. Here, we know no rest – this is an illusory aspect. Serving is of primary importance and represents for us the only way of existing. In this brighter world where we are, the shady areas existing in other places seem unbearable to us. We will know no peace until we have made them acceptable. Distress prevailing on your sibling planets makes us also work for their good. A real awakening has started among your fellow creatures. Great movements of solidarity are coming into being. They may be expressed clumsily, but the impulse is given. The population of the Earth has reached a climax and its way of life endangers a whole ecosystem which regulates a balance that has become precarious. We are working towards a complete mutation of the human race; it is its only possible salvation.

Wednesday, October 10, 2001 - 10:00 a.m. The Envoy:

In the future, human values will have to be reconsidered altogether. The value of a man is not gauged by his social status, his ambient environment, or his race. Pride is at the root of all distinctions being made in this world. The poor do not have the recognition of the rich. The affluent think a lot of their own person and generally do not have any consideration for the poor wretch who does not find any favour with them. This world is a cruel university for all, and a fearsome one according to the results obtained by each one, regarding their sense of discernment and conduct in general. All is recorded and considered in an equitable way. Actions are taken into account. The method is faultless; it is not based on a computerised system, which can be faulty and which in the times to come will be a great worry to the users. These rules – concerning the way of recording [in the books] human actions – are highly inspired and lie within the framework of a universal process. Humans must try to think and act in the most right way possible, by considering that they are working for their own salvation themselves, under the eye of God the Almighty.

Thursday, October 11, 2001 - 8:00 a.m. (The Envoy)

Rejoice for your Beloved, his light is increasing and will keep illuminating the world. He will influence future times, beyond your imagination. Such is the soul that came with humility to leave its mark on the Earth. His appearance was discreet; he lived and behaved very humbly. Only great souls could recognise him and render thanks to him. You can sing his praises by thanking God for creating such wonders. It takes time, sometimes centuries, for a very special being to be truly recognised; that is how it has always been. Happy are you, you who managed to touch his heart and have his confidence. These messages are dear to him; they will be valued much more than you can possibly think. This is how it always goes; sacred things earn their worth with time. The intentions of God are often revealed only after some time has elapsed. A very long time ahead, he places his pawns on the chessboard of life and moves them discreetly, until the final victory. You are in a way which will take its full place in the future; you are the discreet pilgrims who are opening up the road of the future. You can render thanks to God and to your Masters.”

Thursday, October 11, 2001 - 9:45 a.m.

Being the discreet envoy of a being like your Beloved is a great favour. "What wouldn't one do to serve him and to please him! He grants me his confidence to come towards you for a few times and to convey to you his messages of peace and love, while enlightening you as well as your fellow creatures on current realities and those of the future. It is an imposing mission, given the importance these writings will be lent one day. His Revered Master said it: a long time will elapse before a being of this stature returns and sets his divine feet on the Earth. It is wise to start off the mission entrusted to me by placing His greatness in his due space; the simplicity of such a being may overshadow it. He knows how to put himself within the reach of all. His life and his mission were a model of what right behaviour and exemplary devotion must be. It henceforth remains for me to continue what has started, as much as will be necessary, in surrender and utmost humility, that which befits the chosen souls to work under divine inspiration. The Envoy

Saturday, October 13, 2001 - 10:00 a.m

My dear sister, let us escape for a moment the realities of this world. We will move on together for a while, as per the wish of your Beloved guide, by exploring the various aspects of the human race as it stands currently. The picture is not heartening. We are not strangers to one another; we met in very remote times when life was not measured by the bank account, and other values were prevailing. You were a worshiper of the divinity prevailing during those trying times – harsh in terms of surviving famine and epidemics – when compassion was not an empty word. The evolution of mankind did not take place in the right direction. It went off course and reached excesses that are currently plaguing it. It will be necessary to go back to square one. When the crucial moment has come, the Great Being chosen by the Almighty will appear on the Earth to place it on the final path of its evolution and to try to trigger the supreme mutation that will change the face of this world. As you can figure out, life on this Earth is entering a decisive phase for its future. By partaking in this great process one also contributes to the beginning of a vast revolution, unprecedented in the past. May your love and your faith carry you, my dear sister. The Envoy

Saturday, September 11, 1999 – 8:30 a.m

M: I am hopeless, Babuji, I am unable to receive you.

B: No, you are not hopeless; stop belittling yourself all the time. It's very commendable of you to manage receiving our messages considering the state of health you've been in, especially lately. You're doing a very good job in which we're more than satisfied. We want to spare you; that's all. We have to do so, since you are not reasonable. Try to spend a better day by remaining well united with us, in thought. Be blessed, my child.

Sunday, October 14, 2001 - 8:30 a.m. The Envoy: My dear sister, you should know that distances do not matter. The bonds of the heart are powerful; they defy space and time. They are subtle and indefectible. We make a great family of souls, which remains and comes back regularly here below. We are bound to this world; its becoming is close to our hearts. We all work, with our respective means, to help it in its rise. Humanly speaking, we have roots here; by scattering here we have contributed to the expansion of the race. This bond encourages us to make all sacrifices, to see to it to help man grow and follow the right path. The beings that influenced humanity left [behind them], not only disciples, but also children. You see how we are involved in this process of regeneration of the race, which is highly essential today. Mankind did not follow exactly the path that was all mapped out for it. It is therefore necessary to remedy this. There are various suitable means, and for us here, time does not matter. All will be fixed at the proper time, like the movement of a clock following its pace unrelentingly. Therefore, let us do our work as best we can; as for the remainder, God will provide for it.

Sunday, October 14, 2001 - 10:00 a.m

The Envoy: Did I not already tell you that who I am does not matter! Anybody's history is long and prolific. What good would it do us going back in time and getting lost in the maze of our multiple incarnations? Such is not our objective; let us go beyond this legitimate curiosity that would make us ride the wings of time backwards and think of other lives that left traces, but which do not serve our purpose today. We fell down; we stood up – more than once. Although we had ourselves gone past this stage, we understand men and their ceaseless fight against tendencies that make them stumble. Who, among us, did not experience all that? The goodwill of your fellow creatures moves us and urges us to perpetually help them. The time of sublime glory will come. We are, all of us, working towards it and you are, each one of you, doing your level best. Let us remain enthusiastic about the becoming of humanity, which one day will stop fighting against itself and will open its eyes to the realities of a system that can only lead it to its ruin. Love will end up prevailing; this will take a lot of time, but its power is such that it can overcome anything. It is the great hope of all of us. Let us unite and appeal to it with all our heart.

Monday, October 15, 2001 - 8:00 a.m The Envoy::Our purpose, in giving these specific messages, is not to throw you into panic, but only to open your eyes to the profound realities of the current conflict, which goes beyond the purportedly targeted objective. Waves of latent and visceral hatred stir up a whole populace against an enemy quite naturally singled out because it represents what the people highly hold in contempt, both being diametrically opposite to each other. Two worlds are confronting each other, whose culture, customs and religions are different. Hatred must be expressed in one way or another. Suppressed for too long a time, it leads to the worst of excesses. Each of the two sides is focused on an aspect of revenge, which it absolutely feels like assuaging. This is where human nature is dangerous: when it cannot suppress its bad instincts any more. How can the forces of good fight against evil, when it breaks out with such violence? They act, but they cannot quell this devastating pressure, which will have to continue to the bitter end. These outbursts are part and parcel of a pre-established plan that is leading the world towards its destiny – not of living in this cesspool, but emerging one day towards the divine light, which is the ultimate goal of the process and the supreme reward. There remains a long way to go, but the situation is not desperate. Pray so that this apotheosis will come soon.

Monday, September 12, 2016 – 10:00 a.m

Certain events of the past mark history for a very long time; it is dismaying to see what hatred can generate in this world. When will human beings come to their senses! Maintaining hatred is never good. It is dismaying to all those who are working here or elsewhere, for the good and for peace here below. How many more centuries will it take for humanity to reach a sufficient level of consciousness to allow it to establish rules that favour harmony between peoples, leading at last to the building of a world where peace reigns, facilitating an unprecedented expansion of consciousness. That time will come; we are working towards it. Nothing is ever easy on this planet where rebellion is constant. May all our brothers and sisters work for the good as we understand it. A perfect world is in the making; it is up to each one to visualise it and to personally work in that direction. The best to all, under our blessings.

Monday, October 15, 2001 - 10:00 a.m. (The Envoy)

Don't worry about this; your personal progress is taking place at time's pace and as planned. It goes the same way, from an individual unit to the whole. Time, this great architect, is immutable; it moves on, imperturbable and regulating life on all levels. It does not serve any purpose to try to slow down or accelerate the movement; man, in his naivety, believes in being the master of his own life. He delights in this illusion, whereas he is only the toy of destiny. All is controlled, all is planned, including what he considers as lamentable errors. As concerns his own actions or decisions binding to the world, nothing is done randomly. Condemning some and glorifying the others is of no use. Where is the truth? Where is justice? Men judge and act blindly, driven by destructive feelings, finding an outlet for one's own misfortunes in striking one's neighbour. How can he be blamed? He is advancing in the darkness of ignorance, driven by destructive impulses that characterise man in terms of his least glorious aspects. This bad seed must be eradicated from his heart; scales must fall from his eyes, so that eventually he can see life as it is really like.

Monday, October 15, 2001 - 5:00 p.m

Try to start enjoying life and fighting again; your life is not over. It is not ordinary; your path has been enriched with many happy and unhappy experiences that moulded you. Your channelling capabilities give you a special and enriching dimension. Associating with beings of light is a grace bestowed on few humans. Through this means, a little special and extraordinary, you can reach planes of consciousness that facilitate these contacts. You should realise how lucky you are to live such experiences. We appreciate you and, as such, we utilise your gifts. We can only congratulate ourselves on our choice. My daughter, your achieving this work, with faith and love, has increased your stature. Your current experience with the envoy is a new episode, which adds to the existing bulky collection and provides it with a different touch. This long story is not finished; it adapts to the circumstances – that are not as delightful as we would like them to be. Carry on, on your road; love us, as usual, my daughter. Thank your team-members; convey our blessings to them as well as to all.

Sunday, October 7, 2001 - 10:00 a.m.

Love is both a subtle and powerful energy that can work miracles, which you attribute to the mental representation that you want. We are not referring here to men's notion of human love as directed to their fellow creatures. That love corresponds to human nature; therefore it is fragile and fickle. It can also have a solid base, when it is inspired by more profound reasons deeply rooted in a story which exceeds the framework of the current life. Love emanating from a pure heart is tinged with another light; it is imbued with this vibration that is maintained in this place where the metamorphosis is achieved. This kind of love lavished on humans does not require anything in return. It is granted as a privilege to souls totally dedicated to God. Through them, He works his wonders; He shakes up the hearts that appeal to Him in secrecy and reveals them to themselves. He has more than one means of conquering them; fate is said to be responsible for it. It is about a plan well established according to an unfailing frame. The Almighty attracts to Him the hearts that are ready to follow Him, carrying them in His divine wake, and the destination is the outcome [of this process].

Wed, Feb 6, 2002 - 8:00 a.m. Loving God is a predisposition of the soul that can be expressed through a religion or in any other way. It seeks its channel, its food, at the moment suitable to it. When it has found its way, it can open out peacefully. All may not be able to find it in this incarnation, but love grows in them until the moment when they will be able to soar. Each experience is enriching, it is the frame of the heart that matters. The steps are cleared slowly, until the attainment of the level that will foster the expansion and the fulfilment of this blessed soul. With the passing incarnations, the experiments are varied; they are formative and reveal the progress of the soul. When the time comes, the way intended for it presents itself and allows it the final rise. The awakening can take place very slowly; many factors are the cause of it. Be that as it may, the moment will come when everything will be done to foster the attainment of the ultimate goal; it is in the nature of things.

Friday, February 1, 2002 - 8:00 a.m. The trust put in us by our associates makes us happy – for them and our Mission that is continuing on its way without any blaze of publicity, but effectively. In some countries, it must proceed discreetly because of the lack of discernment. That is saddening but does matter. That which is good and decided from above is bound to last long. Our method is helping and will help the men of future times even more. A minority benefits from it already and constitutes a solid base. The hearts that are nurtured by them are determined; they see the system as a whole, a reliable one. We do not impose any constraining rules; each one of them moves at their own pace and they are not made to feel guilty with reproachful predictions of celestial wrath if they don't conform to the prescribed laws. We only see their good, their rise, through a repetitive work that depends only on them and their own spiritual attainment. Are our faithful aspirants aware of the simplicity of this method and its effectiveness? The most senior ones do not doubt it; their life has changed for the better. They are no longer slaves of some desires that held them back. They know where they are going and they advance with confidence, towards the light which is at the end of the road.

Friday, February 1, 2002 - 10:00 a.m. This period of the year, in our Mission, is conducive to self-assessment². It is important that each one of you should make your own assessment; it should be positive and rather convincing to motivate you enough and let you continue on this way. Then you must make choices; so many attractive activities are proposed that appeal to you, that it is advisable to be selective. Resulting satisfactions and benefits are not of the same order. Man is perpetually confronted with situations where he must make choices likely to drive his life in one direction or another. As concerns the situation that interests us, only his heart can guide him. Has his inner being grown sufficiently to impose its views? That's our wish for him. It is not a question of excluding oneself from life; we repeat it enough. The spiritual practice is no hindrance to a life said to be normal with its many and varied activities. The determined aspirant can put things in perspective and give priority to what is important in his eyes. May you all who remain faithful to us be sufficiently enlightened to carry on, on your road; the heart full with joy under our protection. –2
Birthday of Great Master Lalaji

Sun, Feb 3, 2002 - 10:00 a.m.

It could happen to you to be in a situation where you or people in your circle could no longer access the physical means of communication. What would you do in that case? Would you let your doubts get the upper hand or would you take into account the pieces of information you would receive through this channel? This possibility should be considered; anything can happen. After all these years of practice, you have been given a lot of evidence of the credibility of the system. Therefore, you should never minimise the information you are given through this means; it is reliable and not subjected to the interferences that prevail in the lines of communication, which will occur more and more. This way of communication is not accessible to all. It will be so when men's perceptions have sufficiently developed – these ones as well as others – owing to that they will no longer be limited to their current poor truth on the worlds surrounding them. They cannot see them, nor can they communicate with them, in spite of this technology that they believe is revolutionary. It is only a mere means that does not take into account the amazing capabilities of the human brain, which, at the moment, men are not fully aware of, nor are they aware of the possibility of making use of them. Humanity will have to wait until it reaches a higher stage to fully benefit from these capabilities.

Tuesday, February 5, 2002 - 10:00 a.m.

The time for doing one's accounts will come for you just like for any of the incarnate beings, ineluctably. It will come with a trail of regrets and remorse that may arise from your personal assessment. This aspect must be taken into account; only you will have to manage this assessment, in terms of the reactions it will cause in you. While moving, you have made a good decision in following our way; your practice can only contribute to changing what existed before. By practising regularly, you clean the place and you thus allow better work, in terms of the results it must give you. Persevere, assiduously, and a day will come when the divine goal will be reached. Put all your heart into this work, all your fervour; the result is worth the sorrow of it. Great successes, in all areas, can only be obtained by dint of it. You will not be disappointed. You don't waste your time; you can believe us. Haven't we set an example of this achievement? It is up to you to judge with the means at your disposal. Be confident; be reassured and especially happy for having reached the stage where your soul strongly aspires to rise. May our blessings help you all and contribute to your full success.

Sunday, February 10, 2002 - 8:00 a.m.

My dear daughter, our two hearts are united; you are advancing towards us slowly, but you are making progress. You are caught in the movement of life, that of Earthly life, in its rhythm, therefore you have to comply with it and accept it to the end. You have no other choice for the moment. Being able to accept one's destiny is a great strength, and seeing in it only the positive aspect is a sign of wisdom. Man is caught in this perpetual movement wherein a determining act is sealed on the great book of eternity. Every page of this book calls for a masterpiece. Will it be so? It is, insofar as life is an act, something of a miracle; making it beautiful, full of generous and unselfish gestures, all brightened up by deep faith is another miracle. The Earth is very rich due to the diversity of the individuals populating it. This diversity is amazing to observe. It is comforting to see that good counterbalances evil, and that in spite of the darkness of the picture, there is hope. A grand scale operation should happen purifying humanity and unifying it by giving it access to higher levels. A breeding ground of pure souls is preparing for that and sowing this soft and perfectible Earth in this movement of life that characterises it. We keep hope for this great future achievement and we are working in this direction.

Wednesday, April 21, 1999 - 10:00 a.m. When will you manage to eradicate doubt from yourself? You complicate things for us by reacting like this. Yes, we are satisfied with you, but you should broaden your understanding. We should be able to address more advanced issues. Some minds will surely be able to understand what we are saying. It is you, your unconscious, that is a hindrance; you do not realize it. Make some more effort and the way will be more open. It is only the fear of other people's reaction that blocks you. Be confident, the channel is good.

Sunday, February 10, 2002 - 10:00 a.m.

Yes, humanity is in the making, that is not new, but the movement is accelerating. This planet suffers in many respects. Men tamper with it, disturb it and do not respect it any more. That has become worrying; the problem is serious, and in the present state of affairs, the process is irreversible. No reasoning or warning statement will stop these mad acts that are serious for the balance of this world. Men suffer from it as much as the Earth, and they are not really aware of the drama that is taking place. All these harmful effects disturb important functions of the human body. The nervous system is particularly affected, which will bring about more and more disorders. Reason alone will not stop this trend; men's lifestyle, especially in the industrialised countries, will not change towards reverting to normality. Man is caught in this spiral, and he finds it natural to continue to live like that. This civilisation will destroy itself because of its excesses of all sorts. The cries of alarm are useless; they are stifled by profit which leads the world and which conditions its actions. Only spirituality remains as a sure value; its effects will persist well after this dreadful civilisation is destroyed.

Monday, February 11, 2002 - 8:00 a.m.

Life is like a big competition with its defeats and its victories. The two aspects are interesting; it is enough to be clear-headed and, in both cases, to know how to draw the necessary conclusions. The positive aspects resulting from this are enlightening. Wisdom cannot be earned easily; the repeated series of tests transforms the being and helps him to advance on this way, when they are well understood. They can develop faith or dismiss it, according to the state of the heart. Life is very educational for those who actually wish to see it like that. A deeply felt faith gives life a halo of greatness and acceptance, which places it in a very different context. Each test takes on a special meaning, when it is well understood. It is not easy to live surrendered; leading this struggle over oneself, the soul grows richer and by accepting the defeat, it comes out of it with increased stature. Everything is put in place towards this end. When the stakes are worth it, everything is accomplished for the good. A higher being benefits from all experiments, good or bad; it can find its bearings thanks to its characteristic discernment. Each situation is specifically useful. How will it be lived? That's the question. It is enough to try to hold course, against all odds.

Monday, February 11, 2002 - 10:00 a.m.

To accept one's life is to live it fully and to make the most of it. It is never too late to modify one's way of seeing and doing things. The last-hour labourer is deserving, since he is aware of where the truth lies. Even though he came belatedly, he has understood the lesson and that is what matters. Henceforth, he will be able to lead his life differently; it will no longer have the same meaning and the situations will be experienced differently. This point is important; we insist, because your progress hinges on it. Each life has its own richness; it is enough to utilise it correctly. On this aspect, the capitalist is not better placed than the underground worker. Each one of them comes to do an experiment; only their respective behaviour will make the difference. The role is of no great importance; it has its multiple facets, and it is enough to take them into account and to make the most of them. It is the final victory that matters: the victory over oneself, which goes well beyond social success, which is illusory. The soul does not need any claims to fame – that Earthly fame which is not in conformity with its true goal. Only the soul matters in this saga, however rejoicing it is for man. Does the soul come out of this with increased stature? Did the person expected to serve it make a success of his mission? Only the final assessment will tell.

Saturday, April 10, 1999 - 10:00 a.m. To be welded to the Master means to be one with him. This, for us, is the true meaning of that word; this must not frighten you all. It is the best thing that could happen to all of you. Therefore, let yourselves go; in this approach of the summit, there comes a moment when mergence is both necessary and total. None can advance alone up to the end. It is in the order of things. A solitary process cannot lead very far; you must all get this into your heads. I have already expressed myself on this phenomenon in my writings. Alone, you would all remain on the shore watching the horizon, unable to reach it. You need an experienced ferryman, and then there is every hope of success. The best means of transport must be chosen. Those among you who read these lines, if they are ready, will understand what I mean.

Saturday, October 6, 2001 - 8:00 a.m.

A new day is dawning for you: your life will take a different direction. A new page of your life is before you, on which, one day, the word end will be written. Each page of the book of life is important. Added together, they form a whole, summarising your own story. It [the story] is seldom as the human being would like it to be; he would like to make choices and select what is appropriate, according to him. What would be at stake in such a process? It is in the face of difficulties that man is revealed to himself. He is a pawn on a large chessboard, constituted by the karmic fabric that regulates the life of humans. No one can escape it. Stories are added to each other, and prepare eternity. It is a long work where time does not count. Other rules govern it; they emanate from the divine laws that men cannot interpret. They often ask themselves but cannot understand the whys and wherefores. Their views are restricted to this life, which is only a link in an immense chain connecting them to an imposing universe – they who are so small, infinitely small, in this large swirl of energy, which sweeps them away as if they were weightless. "Become aware of your extreme smallness in the boundless greatness of creation.

Tuesday, September 28, 1999 – 8:00 a.m. We want your hearts to become jewels. Element by element, we give you the keys to success – how to structure your work, your thoughts, and your conduct, in all circumstances. If you all really become imbued with these messages, if they are not a mere reading, you must sense each atom of your being transforming itself. You must experience moments of intense emotions, of happiness in the depths of your heart, which is the seat of the soul. It deserves a showcase of utter beauty, divine in its essence, worthy of what it contains. This treasure which no one – except your Masters – can really perceive, or assess in its richness, or take away from you, is your own. There are fishermen of precious pearls, but this pearl that is inside you all, which changes and is refined with time, cannot be stolen from you. It will precede you on the celestial fields and will be your most precious identity card. With all your hearts, using the indications we give you, work with us towards the realization of this master- piece.

Thursday, February 14, 2002 - 8:00 a.m. The path of a true mystic reads: love, abnegation and devotion. It cannot be otherwise; this frame of mind is the basis for all his actions. His heart is offered to Divinity, towards which all his impulses are geared. Great beings resemble each other; they share the same common values, the same commitments and an unfailing faith. They set an example for the seeker who can see them as models, some of which particularly inspire him. The light cannot remain hidden; it comes out to the eyes of those whose hearts are open and who are seeking their way. God bestows all graces on some souls; they are torches that illuminate the world and make it a better world. There are too few of them, but their influence is great; distances don't matter to them. God makes His choices so that humanity can have this recourse. In His great kindness, He feels pity for His children who are struggling to emerge from this cesspool and to come out of it with increased stature. Such is the prospect that is taking shape in this great project: leading man to rise while going through the ordeal by a purifying fire. Only souls having come a sufficiently long way can understand these reasons, which are to bring man to a higher stage.

Thursday, February 14, 2002 - 10:00 a.m.

The proliferation of the human race poses a serious problem. How to solve it? The universal laws will attend to it in coming times. They are clearly visible in other areas where only their intervention can restore the balance of the situation. The phenomena, known as natural, are key elements. What is good for man must be known and recognised sooner or later. A way like ours must find its way in this respect and benefit the greatest number. It develops without great advertising slogans – unlike the way ideas and goods are currently sold in the world. Our ways are different; hidden from the face of the world, they work for the good of the multitude without this illusory fuss. They operate in the silence of the hearts that aspire to other values and to be united with the great mystical current – the only remedy in these troubled times that can raise them above a distressing materiality. There lies the remedy for these evils inherent in an unrestrained lifestyle! Wise men seek God instinctively and they find Him, thanks to their perseverance and deep faith which supports them and drives them.

Saturday, February 16, 2002 - 10:00 a.m.

Feel yourself always closer to your Master, through the heart and the thoughts emanating from this kind of mystical union. A moment will happen in the process of the candidate when this concept must develop. It [union] does not take place by command; only a true heart impulse can foster it. The bonds between the Master and the really motivated disciple are of a special nature. There is no equivalent in human relations, which refer to another level. This relationship must be kept alive with a divinely inspired love – unequalled. God leads the chosen souls on paths hidden from the eyes of men; each one has his own process. There could not be uniformity in this area; the divine power is great and the paths they follow are marked with a special seal, which distinguishes them from one another. Man is more or less nothing but a particle, powered by the omnipotence of the cosmic engine. It lives and is part of this huge plan, animated by a breath, the power of which the most enlightened scientist cannot imagine. The human being who becomes aware of his extreme smallness should praise the Creator for the opportunity granted to him to grow and not complain about his fate.

Saturday, February 9, 2002 - 10:00 a.m. These messages convey more than ideas and suggestions: it is up to you to understand it and to get the measure of it in your hearts. They [hearts] are the targets of this teaching and they are the ones reacting according to their own predispositions to feel it. On the occasion, you propose and they dispose. In this spiritual process, part of this work escapes your control. You answer to needs, to a necessity for your higher being, the reality of which you cannot know. Your aspiration to rise guides you; you answer it favourably; and by its intensity it urges you to act, to go to great pains to repeat each day the same process, which becomes second nature, building your life. You act under the effect of this strong attraction that imposes itself on you. Your higher self maintains its requirements, which take more and more space. Having reached this stage of evolution, it guides your life. In a way, you release yourselves from materiality and a restrictive humanity. It is good that the best of you gets the upper hand and imposes its law on you. Our way answers this request, therefore it only remains for you to practise as well as possible; you will find peace. This profound satisfaction will enable you to face up to the vagaries of this incarnation, under the most favourable conditions.

Thursday, October 4, 2001 - 8:00 a.m. My dear child, this preamble places you from the outset in the heart of this message. You consider your sadhana as essential to your life. You understood that a living Master was necessary to go past some stages, and you are moving forward with faith and the hope to acquire a high level of realisation. This is what we propose to our candidates; what they obtain in this life is an invaluable asset, which conditions their future. Do not lose heart, even if the results are not noticeable. They are there, believe me, and they prepare you for a higher life. We have said it all time and again, but repetitions are not superfluous. Some lassitude may happen to overwhelm the most convinced candidate – his efforts seem futile to him. He needs sometimes to be re-motivated to act with more conviction. The path is long, but it is not without prospects. All these years of practice transformed you; the fruits of this work are not easily identifiable and yet they made a new being of you. So, continue to advance, as far as you can; your tests should not slow down your race. We help you and bless you, my dear child.

Friday, October 5, 2001 - 8:00 a.m.

Life is a process of constant renewal; you progress with the passing days and this repetition seems normal to you. It has its own usefulness in all areas: especially in our comments. We try to diversify them, but we are confronted with the need to repeat ourselves. For his own development, man needs – on all levels – the same movements, as well as food which he cannot do without and which he must assimilate each day. His spirit, also, needs to be nourished according to its personal aspirations and tendencies. Tirelessly, he must start again doing the same things: this is peculiar to human nature. In this aspect, equality is inevitable; without this imposed pace, there would be complete anarchy. Each one of these repetitions enriches man and moulds his personality. He needs to drink from the same sources. Whether they are material or spiritual sources, his life depends on them. Therefore, you should bless this ceaseless movement, which wearies you sometimes. It is the driving force of your life; your energy is renewed at this source. The same applies to your abhyas, which maintains the flame in your hearts.

Monday, October 1, 2001 - 9:30 a.m.

Sahaj Marg has a choice place in the evolution and the regeneration of the world. It will grow with time and will truly meet men's aspirations and real needs for spiritual transformation. They will understand that their existence on the Earth is transient and fleeting, that their time is precious and that they must see to it that they utilise it judiciously. Our way is not constraining, it provides support without enslaving, it does not blame, and it does not confine itself to a dogma. It gives tools to each one as well as the means of benefiting from a group work, under the aegis of a Master who knows his place. He is divinely inspired and belongs to an elite selected to lead the world to its regeneration. Our way does not claim to be the only one. Such ideas are spread too much; they were in the past and, alas, are still in the present, very harmful. The chosen people should benefit from what we offer to them, they will not be disappointed in following us. Our method is not associated with spectacular effects aimed to fire the imagination. It is divested of superfluity and corresponds to souls that know where they want to go.

Tuesday, October 2, 2001 - 10:00 a.m. My dear daughter, these messages enrich your life, which through its tests and daily real-life experience is an inspiration for these writings. Your role is not trivial, as you think it is. You are the target which enables us to reach all your fellow creatures, who also have to grapple in various ways with problems, similar or different from yours. Any life holds a share of tests, which are advisable to manage. The wisest men find solace in faith, which prevents them from sinking in the most difficult moments. Man has resources in him, which he does not even suspect. In certain dramatic circumstances, he is compelled to act and finds strength that he did not believe he possessed. He is born with a potential that will help him throughout his existence. From the very moment of his birth – which is a test for him – he must struggle and adapt to this world. He will keep learning his lessons, until his last moments. Considered from this perspective, this long search is moving, hence our constant efforts in helping suffering humanity. So, you see, my daughter, whenever you are quoted in these messages, through you we address all your brothers and sisters who need to be reassured and guided.

Monday, September 17, 2001 - 10:00 a.m. Each aspirant to spirituality must undertake the same combat against his tendencies. There cannot be satisfactory results without this sense of discipline. The most elevated spiritual Master cannot impose on a heart rebellious to any work. The most powerful method still requires personal efforts from the person concerned. The Master, the method and the receptivity of the aspirant contribute to the best results. Is the latter [the aspirant] willing to do everything to advance? It is up to him to see if he is, and be committed enough to attain the goal. Some among you think that it is enough to sit down and await the miracle that will utterly transform them: this would be too simple and not praiseworthy on the part of the seeker. A minimum of effort and commitment is necessary. How could it be otherwise? The profound motivation of the abhyasi – as far as our way is concerned – is a determining factor. The combined efforts of the Master and the disciple are the best warrant of success. This is why we try to place at your disposal various means, to help you to become aware of the difficulty in advancing on the way to perfection – a strong aspect of spiritual realisation.

Tuesday, September 18, 2001 - 8:00 a.m.

When you say you are playing second fiddle, this is inaccurate. Your role goes beyond and you know it very well. Why are you surprised that we are turning our attention to this special day for you; are we not allowed to express our love? A birthday is felt by humans in various ways; it is nevertheless the celebration of the starting point of an incarnation, each one of which has its own importance. It opens the door of an unknown place that remains to be discovered. How will this visit be organised? It is up to each one to organise it according to the planned path and if possible under the guidance of the best guide. Life remains full of mysteries to man; he seeks to decode the signs which punctuate his path. He has his own interpretation of facts, but that is not necessarily correct. He should rather rely on God and accept his destiny. What else can he do that would be more constructive? Try to unite more and more with this higher force that shows him the way. If it is about a way of love, he cannot be mistaken. He is engaged in a liberating and noble process; there is every hope for him.

Tuesday, September 18, 2001 - 10:00 a.m

As you can see, finer feelings are being expressed around you! Rejoice, my daughter, whether you like it or not, that day of your birth was a lovely day. Your path is difficult, yet so very rewarding. We will not insist any further so as not to embarrass you, but it was normal that we expressed ourselves on this special day. In these moments of great sadness for humanity, love must be able to manifest itself. More than ever, watch your thoughts. Do not condemn your brothers, whatever their race, their religion and the opinions they may express. You will not change the world by criticising severely the protagonists of the ongoing tragedy, which has serious consequences for the future. Each one is blinded by his own point of view, without trying to understand that of his neighbour. This planet has entered a difficult phase. Be cautious, you should manage to master your thoughts and comments. You can see only the tip of the iceberg in this matter. It is much more complex than it seems and you can only undergo the repercussions of this tragedy at the human level.

Wednesday, September 19, 2001 - 8:00 a.m.

See how long it took to make all necessary arrangements and to bring together the desired human resources capable of following up on these messages? All comes just at the right moment; unlike humans, we are very patient. It took years to prepare your heart, as well as that of your brother and your sisters whom we granted our confidence. We already said it: Earth's time is a concept not relevant where we are. We make arrangements and wait for the favourable moment to act. We must take into account the conflicting movements that shake men's hearts. They fluctuate like the wind, and have unverifiable reactions sometimes. Humanity is a sphere of experiences and observations, unparalleled in the universe. Man is disconcerting, endearing, and pitiful; he knows how to intrigue our hearts and drives them to every indulgence. Now, concerning your small group, you should be able to realise that you are lucky to take part in the preparation of these collections [of messages], which in the future will take on all of their importance. They will be recorded in the annals of highly inspiring scriptures, while remaining preserved from the vagaries reserved for the future.

Thursday, September 20, 2001 - 8:00 a.m.

Keep trusting in us. In everything, trust is important; it creates positive waves. Whatever happens to you all in this incarnation, the essential is preserved and outlives this Earthly journey. It's comforting to know that efforts are not useless, that they are recorded and contribute to your rise in a lasting way. You are not advancing in darkness and uncertainty, you who have chosen our spiritual path to meet your aspiration to transform yourself and make a success of your life. You are all guided from within the depths of your heart; a holy alchemy elevates you towards spheres unknown to you. They are liberating and they meet your needs. Your soul aspires to unite with the Divine; this attraction is irreversible. You are all on a luminous path and your Earthly life is urging you to go further. This hidden treasure gives meaning to your life; it gives pure joys that belong to you alone. Never lose heart; keep faith in yourself, in your Masters, who know you and who help you in a way most favourable and appropriate for your aspirations. We will conclude with the same words: Keep trusting, no matter what happens to you.

Friday, September 21, 2001 - 8:00 a.m.

We will know no rest as long as an era of peace and love is not established on Earth. We all here are working to this end by joining our forces; some highly advanced humans are also acting for this noble cause. All sincere hearts have this possibility whatever their background, religious or not, to pray sincerely for humanity, calling for this world to change, finally. May more serene times come soon, when universal harmony will prevail on this Earth! Such is our best wish. You should work, all of you at your own level, to change your hearts so that they are filled with love and tolerance for others who are less lucky than you and trapped in [states of] hatred and violence, dreaming only of destroying those who do not think like them. These feelings emerge from within each one of you. You must root them out, before they harm you and others. Bad thoughts are tough; they easily besiege the best-protected strongholds. See to it."

Thursday, September 20, 2001 - 10:00 a.m. We have already come a long way together, my dear child. Do not give up, we beg you; do not feel worried by events that may not occur. In the previous message, we have sufficiently elaborated on confidence and faith. Grace helps endure difficult steps; it is granted to valiant hearts. Think of your Master, who is also struggling to resist against all odds. Each one must face ordeals when they manifest themselves; there is no other alternative, since they mark out this Earthly path and cannot be bypassed. In surrender lies the remedy; it is effective in its own way. It denotes a great inner force, which we believe you are capable of, you all who are on your own way. Try to keep joy in your heart. Be united with your brothers on the Earth through highly elevated and comforting thoughts. Consider that some of them are in desperate plights, without any way out whatsoever, left to themselves and in despair. Make sure you overcome your own worries, have a global vision of humanity as much as you can. This prospect will reassure you about yourself.

Saturday, September 22, 2001 - 9:45 a.m. François : I do not forget you; does this have to be mentioned? Your problems of health sadden me and more so my powerlessness to help you. Our memories are full of the good moments of our past life; the most painful ones fade with the passage of time. Let us keep only the best ones: those that allowed our encounter and our respective blooming in a happy relationship as a couple. Your influence opened my eyes on a whole aspect of life which I had neglected and which was of the highest importance. My life with you was rewarding in many respects. The next one was already a preparatory step for the long and fruitful path I have been privileged to follow and which led me to the current level by divine grace and also by the love of your Beloved, who has become mine also. Words are failing me to qualify this Being of light: His power is equalled only by His kindness and His love for simple souls, like me. What you gave me by placing me on this path needs no comments. My eternity will not be enough to thank Him, my divine benefactor and you, the only woman I ever loved."

Monday, September 24, 2001 - 8:00 a.m.

Your path is difficult, but the light is at the end of it; never lose sight of it. "Do not give up in your practice; do not lose heart, my daughter. Think of all these messages you have taken down and that will be one day a great comfort to the heart of wounded men. They will find therein answers about the meaning of their life. Even if we cannot go beyond a certain limit, these writings are sufficiently rich in various aspects for them to understand and admit the principle of these incarnations on Earth. Our way can help them; the method is simple and accessible to all. It is enough to want it and to try hard in one's practice, conscientiously. You are not requested to make efforts incompatible with your daily life, but only to persevere [in your practice] by complying with the rules. With time, you will be able to measure the effects produced inside yourself and the changes brought about therein. This very simple spiritual conduct can change your life in the way you approach it and you look at events. It enables you to take stock and to keep in your heart the hope for an 'after' enriched by your work here below.

Sunday, September 23, 2001 - 10:00 a.m. My child, the onus is on you only to open the door which connects you to our hearts. Their combined perfumes impregnate your heart, thus it is better for it. You know the way, as you have followed it time and again. These contacts with us are blessed moments for you. Do you actually appreciate them at their true worth? With time, their repetition makes them become normal. Not many humans live this kind of experience, connecting with higher planes. Being a medium does not necessarily mean reaching these planes. One has to be spiritually prepared, therefore chosen, for this kind of work. Messages of this nature are not commonplace; you who can read them, you should be able to value them. Beyond appearances, they do carry a vibration which touches your hearts. It operates in secrecy, and reveals its effects only with time, like a dribble of water that infiltrates a thirsty soil and gives it a new lease on life. When a man's heart starts to feed on this nectar, it becomes insatiable. The manna, which you call for in secrecy, is not an abstract concept; it really exists and is offered to the most burning hearts.

M: "O Babuji, my gratefulness is infinite, as far as man can possibly be grateful. I will sing your praises eternally; you are the great riches of my life and my love for you cannot be expressed in words. My heart is filled with it and its joy rises towards you, my Beloved, in these moments when nothing else exists but this contact with your divine heart.

Wednesday, September 26, 2001 - 8:00 a.m.

Man is sometimes under duress to act, to go in a direction he did not want to take. His destiny was awaiting him there in these circumstances. There is no possible way of countering one's destiny. Man's life is programmed in broad outline, [whereas] a leeway of spontaneous actions is reserved for him. His free will can therefore be exercised and, thanks to this possibility, he can show what he is capable of. It is all recorded and accrued regarding his least actions; there is no need to dwell on this. Avoid acting without reflecting, and place yourself under the guidance of your Masters. Before making great decisions, meditate, seek their assistance, call upon them in your heart; they can only hear you if you do it with fervour. Try to keep joy in yourself and faith in this life, which is for you an opportunity to be fulfilled and to make it enlightening. What else can we tell you? In a way, it was all said. You are under our protection, since you have placed your confidence in us. We guide you on the best paths possible, to allow you to achieve your spiritual goals. You have all our blessings.

Monday, September 24, 2001 - 10:00 a.m

Life is made of a thousand and one facets, equally quite interesting. This point of view is difficult to admit by men. They are eternally in search for perfection and lasting happiness, which is not achievable on this Earth, hence the resentment felt by many hearts. We do not propose any miracle for a solution, for it does not exist. We only try to help you to advance in this life by understanding its requirements well and by being able to get the most you can out of it. The weaknesses and the moments of despondency can, in and of themselves, be positive when they encourage you to react vigorously thereafter. Men are sometimes confronted with terrible situations: how will they behave, to which extent are they prepared to undergo the situation they must cope with? The answer resides in each one of them. It is unforeseeable; the human being finds inside himself, in some dramatic circumstances, a power he did not know before. Knowing thyself well is not easy; until the end of his lifetime man remains an enigma to himself and others around him. He cannot grasp his true nature [concealed] under the appearance of a provisional incarnation. God alone really knows his creature."

Sunday, March 12, 2000 - 8:00 a.m.

Our presence in you is as one; we retain our individuality but are one and the same spirit, and it is this spirit that lives in you. Our vibrations are unified and form a whole, a powerful one. We act for the good of the worlds, yours and those beyond where there is no perfection either. There is work to be done so that harmony can reign in the universe one day. The objective is peace, which must be achieved through purification. Creation was perfect, it's the creatures that are no longer perfect. The proliferation of created species has not gone in the right direction. Great and beautiful souls are finding their place in these worlds of madness and working towards the universal balance.

Tuesday, September 25, 2001 - 8:00 a.m A spark of love in a heart moves us, all the more so for a perpetual song which rises towards us, without waning with time! Love will save the world. This assertion can seem ridiculous in these troubled and worrying periods that mark history. It will nevertheless be the only recourse of future times when the face of the world manifests itself in a new light and is ready to open up to this reality. Today's men come and go, busy and dependent on a completely inhuman way of life in a frightening world – if one takes the trouble to observe it. All values will have to be re-examined and adapted to the new age. After the time of terror, a new spirit will be established, initiated by higher beings coming to lend their support to humans. This golden age will not happen overnight, but it is a real hope for this Earth. Wish for it in your hearts. Even if you yourself do not witness these times, your remote descendants will experience them and benefit from their advent. Continue your personal work with fervour; you thus prepare yourself for a more delightful future.

Tuesday, September 25, 2001 - 10:00 a.m.

No one can escape his own destiny, and yours is to live here and now. Thus was it decided and the laws cannot be infringed. Each cycle of life has its own importance, whether it is yours or that of a planet; it follows its course, unrelentingly. The sages have understood it for a long time. They observe the sky and question it, hoping for an answer to their questions. They bow before God the Almighty. They surrender and have confidence [as both] their limited view of the things and their comprehension do not go beyond this human identity. They withdraw inside themselves and pray. They also dream of future times, when Eden will be established on the Earth and will delight humans. From time immemorial their wisdom came down to us. They prepared what was best in each man and in their own manner; they transformed this world, letting the most enlightened men have an inkling of the extent to which human nature is perfectible. Let a song of hope rise from your hearts, thus corroborating that of the sages of the past who believed in divine mercy.

Wednesday, September 26, 2001 - 10:00 a.m.

Regain courage, do not give up. Your practice does not have to suffer from the problems you must solve concerning your health; a good solution does not lie there. Keep confidence; this is of primary importance. Think of all these human beings who are suffering, tracked down, persecuted, and who have no hope of finding any solace. Let your heart keep beseeching grace for this humanity in perdition. All you who live in countries hitherto favoured, do not forget your brothers. Tomorrow will perhaps be your turn to undergo the despicable cruelty of some of them, driven to their limit by an exacerbated fanaticism and a poverty inciting them to the worst excesses. You should value what life gives you, if you belong to privileged people. Open your eyes to the realities of this world and try to be fair in your analyses of the current situation. No country is innocent of crimes being committed; whatever are the [underlying] reasons. In the majority of cases, profit has priority over the suffering of mankind. Do not weaken, remain attached to your sadhana; you are working as such for the regeneration of the world.

Thursday, September 27, 2001 - 10:00 a.m.

These messages represent an element of this food of the soul, to which we referred previously. They will have their place in our Mission as a fundamental teaching containing information accessible to all. They were missing and will be very much appreciated in the future, as they will shed a new light on the true meaning of a spiritual step. Our books are not read much; we have to face the facts. A link has to be established between the practice and our literature; these writings will be there to bridge the gap. Our way is just beginning its opening in the world. Hearts are searching; they require a new support, simple in practice and non-dogmatic, not inducing any fanaticism. They will be wearier and wearier of excesses into which they are dragged by certain currents. Future times will bring more clarity to men, who will be able to make choices which really correspond to their needs. This teaching will have to be based on an obvious reality, which contributes to the spiritual rise of men. The group is necessary to structure the Mission, but individual work remains the key element of the system. In the future, everything will be set up to truly allow the radiating that must help regenerate man.

Friday, September 28, 2001 - 10:00 a.m.

Try to keep serenity in your heart; what is inside you is indestructible. Cling to this idea; it is the only means of keeping course when the storm is raging. Life's turbulences do not put in danger this preserved islet, sacred in its very essence. This consolation can seem derisory in certain circumstances, when the being of flesh bends completely under the burden. May the time come soon when the soul can sail, immortal and relieved from its chains; the time when – integrated into the choruses of angels and carried by their melodious songs – it will be able to sing the praises of its God, having fled this perverse world and the cries of despair which rise towards Him, the only recourse for men of goodwill. God must sanction and put his children, in spite of themselves, on the right track. It is a long-term job, His patience is great and His love boundless; He loves them all whatever their karma. Pray for all your brothers who are struggling and calling for help. Their cries are rising towards us; they are innumerable. Try to visualise suffering humanity – you cannot. So, demonstrate compassion and love for it [humanity].

Saturday, September 29, 2001 - 10:00 a.m.

Humans who have reached a very high spiritual level do not escape either the fears or pangs that can seize them in certain circumstances – just like any other mortal here below. Anxiety can paralyze the strongest being, the one best equipped to face the tragedy. This is one of the many states he must go through. All the facets of human fragility will manifest themselves sooner or later, and man must learn how to face them. A Master with a high level of realisation is spared nothing; thus he can understand human weaknesses and better help his brothers. Immersing oneself voluntarily in the suffering prevailing in this world requires a very special greatness of soul, given that he will have to undergo the same laws that apply to all. Venerate these higher beings who do not shrink from these sacrifices and who come back full of love to help humanity. Their greatness is touching; they can only kindle love in pure hearts, but they also suffer setbacks on account of these good sides, as they undergo the evil which some perverse people cannot repress.

Sunday, September 30, 2001 - 10:00 a.m.

I, also, have struggled hopelessly to continue to act with a defective physical body during the last years of my lifetime on Earth! My spiritual work was not affected by that; it had in terms of power what, humanly, I could not give any more. This aspect should not be neglected; the value of a human being, his mission, should not be measured in terms of his physical strength. There are other criteria, much more important, which escape men's appreciation. Any life must be respected; it serves a cause, even if its apparent uselessness makes it scorned by many of your fellow creatures. Who knows the mysteries of life, its extensions, and its usefulness in the subtle planes of a higher order? What do you know, what grounds do you have for your judgement? You must accept all the manifestations of life, until the end. This is how a sensible being must react in the face of the aberration of certain situations. Become truly aware of your ignorance. Man believes his knowledge is strong and flawless. Man is blind; he cannot discern the truth, which is not based on rules enacted by those who preceded him and who believed, or still believe, that they hold the secrets of life. Philosophers have cogitated, some approached wisdom with humility. From time immemorial, they helped their brothers by giving them basic knowledge to support their convictions. The human condition is touching, we all are working here to improve it and make sure that man is really enlightened.

Sunday, May 28, 2000 – 10:00 a.m

Don't complain about going through such trials, it is the law of evolution which manifests itself thus. It's an obligatory passage; the doctors do not necessarily understand the implications of this work and interpret them wrongly. That does not matter, you are advancing and your progress delights us. You will soon glimpse your inner light and that will reassure you. You'll see that nothing is in vain. Be in a state of utmost acceptance, more and more united with the Divine and detached, as much as possible, from material aspects. We accompany you in all these events, even if that is not obvious. Immerse yourself in the joy of the heart in spite of everything, with our blessings. You can call this series: Epilogue.

Saturday, September 15, 2001 - 10:00 a.m. Your perceptions must be further refined; they will be of great help to you. You must believe in yourself. You have a sufficient sense of discernment to put things in perspective. You still have a few surprises in store. The great upheavals which we already alluded to have started; in a way, the process is under way. Remain serene. What else can be done, except for relying on God, in the face of men's boundless foolishness? The demonic spirits have their own power, which, in certain circumstances, cannot be countered. You all, who are fortunate to benefit from faith and to be engaged in a spiritual process effective and right, whose goal is to release you from your chains, [you] have this priceless recourse. A man who fears neither God nor man, what is he left with in the face of human tragedy? How can he put up with a meanly materialistic life in such a hard and disappointing world? The only thing your inner greatness and beauty wish to do is to express themselves. This tough gangue must at all costs open out and be revealed in full light. Time brings everything to an end. Call with fervour for this outcome to be achieved. Keep faith in your Masters; they are the best guarantors in this matter.

Monday, September 10, 2001 - 8:00 a.m Did I not already tell you that your body was the best instrument ever? It helps you stride towards the goal. The onus is on you to manage the situation as best you can. We are far from being insensitive to your problems, but we cannot change everything. We help you as much as possible; your life's path, as a whole, must remain as it is. We help you in many ways to carry this burden; all our attentions are not perceptible and yet they accompany your days. See the hand of God in everything, my dear child; whether in joys or in sorrows, you must remain thankful. We know that you are no stranger to this aspect of life and that you understood for a long time that His love could actually be expressed in many ways. Wisdom cannot be easily earned; it takes time to understand all these mechanisms that generally escape human understanding. We will once again revert to the concepts of confidence and surrender. It is the only possible way out, to emerge victorious from this combat, i.e., life. We accompany you on this path which seems so long to you.

Tuesday, September 11, 2001 - 10:00 a.m This place where you are longing to rejoin us is inside you. Do not neglect, as you do, this palace, i.e., your soul, where you can find us. At any moment, you can isolate yourself and feed yourself abundantly on this substance which is within your reach. It is not enough to be hungry; one must do everything possible to eat one's fill. Take advantage to the utmost of all that is given in this life; do not wait for tomorrow to pick this rare flower which is inside you – do it here and now. It is the best means of preparing your future [life] in other places and other times. Do not neglect anything here below; what this incarnation offers to you is important. Make sure you can accumulate goods regarded as worthless in the eyes of men. They earn you a cloth of light, which will clear your way to the ultimate life. You who are mystics, you can understand these comments. Inside you, right now, is located this special place connected to the Great Whole. Tirelessly continue on this work of approaching; be united with the Divine more intensely and all will be well.

Thursday, September 16, 2004 - 10:00 AM Cultivate within yourself this rare flower, my child, we will keep telling you that: isn't love the most beautiful present which a heart can receive! This love, we return it to you, and you know it. May it help you to carry your burden. Your path is like that, it is not ordinary, one day you will understand the true meaning of it. Suffering also is to be considered as grace; a strong soul cannot be mistaken about that. Spiritual life opens up possibilities helping one to endure the difficulties of an incarnation. Remain confident in your destiny; compensations are granted to you, they help you advance at any cost. We all went through trying moments where only faith was lighting our way. Even the Greatest beings who have influenced history, were not spared. To be able to take refuge in oneself, in this universe of beauty, is recourse for hearts in distress. Here, there is no disappointment; only the recovered serenity allows one to reconcile life, and to accept its torments. May our way help more and more thirsty souls. Many come forward and seek a way out, a means suited to them to go towards what becomes a necessity for them. Future times will accentuate this thirst. This ascending movement will not stop so soon, it complies with the divine plans, for the good of current humanity grappling with despair. Let us come back to love; it is desperately lacking in this world, hence the need for blessed souls to wisely use it. May all be helped and enlightened in this direction.

Mon, Nov 8, 1999 - 8:00 a.m Life is as One, God is life; it is in everything. It animates your body, all that moves around you, that breathes and exists. "He is in each cell of your being; His mark is in the whole of creation, from the infinitely small to the infinitely great. Open your eyes; you will see Him everywhere and in everything. "The whole creation is vibrated by Him. His omnipresence is one of the aspects of His manifestation. "Man does not create anything, he does not invent anything; he is in utmost illusion about that. The divine creation is perpetually changing because it is movement, action, evolution, involution. "All this is abstract, but being incarnate, you will never be able to penetrate all its mysteries and all its resources; they are innumerable. Each one of your breaths gives rhythm to what is transformed in you and around you. It is about a series of new beginnings, a total movement unverifiable by man. This movement is even undetectable in certain areas which man believing he knows everything, or the most enlightened seeker, cannot have access to at this stage of the evolution on the Earth.

Tuesday, September 11, 2001 - 8:00 a.m Yes, you are right; we said it all, but have you taken all of it in well? Did all our comments reach their target? Did they find an echo in your hearts? We doubt it. This assimilation work – shall we say – takes place slowly according to the aspiration of the being to rise, understand and feel with the beat of each heart where it [assimilation] occurs. [Our purpose] in reverting to the same topics treated in different ways, is to draw your attention more specifically. It takes sometimes such little attention for something to be triggered in [one's mind] and lead you to regard as yours a truth that nevertheless was not obvious for you. This is how the human mind is – it requires time. The transmission and the assimilation of data take place according to your own codes and standards which govern the neurons of your brain. The heart as we view it, i.e., as being the seat of the soul in its subtle part, keeps elements suitable for it. All this work is not necessarily instantaneous, hence the slowness of perception that can occur. Rest assured, just like our medium, you will wonder about these comments – which is very good. This will show that our comments are of concern to you and that, beyond a very mental appreciation, they attain their goal: your own understanding

Sunday, December 12, 2004 - 10:00 AM Overcome your human condition, my child, that which physically limits you in this world. It pushes you to escape always further towards horizons that are not comparable with this one. These contacts are relatively short, but they take you vibrationally into a universe of peace where everything is felt through the heart and not through a sensory approach. The song of the spheres to which certain mystics have referred, cannot be described truly, since precisely, it is beyond feeling. This song is a vibration touching the soul very deeply. The brighter world exists only in man's imagination, as he likes to visualize what according to him resembles splendour unequalled on Earth. Words do not matter. What counts is only the exaltation of the soul encouraging him to devotion and meditation, which leads him into a state of incomparable grace. In these ecstatic moments, the broadening of consciousness gives him a foretaste of bliss. It is in one's deepest being, in the twists and turns leading to the divine source, that the truth is concealed. The seeker is very often lost. He clings to intellectual assets; his mind is a hindrance whereas only simplicity allows one to attain the goal. All this is acquired through a long process where, little by little, awareness becomes effective, thus securing what consequently cannot be lost. Academic learning characterizes the beginning of the quest. Achievement is beyond; it makes light of words and formulas. It is love only, incomparable and inexpressible splendour. May all our brothers attain it!

Wednesday, October 27, 2004 - 10:00 AM

The time will come when many aspects referred to in these messages will be proved. To believe or not to believe is one's individual choice; we cannot force anybody to follow our various recommendations. In all circumstances, choices are to be made depending on each person concerned who would act according to his inclinations. Free will exists. We will not challenge it. The motives of humans are varied; they have their own views of things to which they conform as a last resort. Regain stature, my daughter, come and recover strength on the summits where all is clear and simple, as long as one conforms to the existing rules. Here, all is stable; one can rely on the beings and the laws governing this great movement of life in its entirety, in the face of creation as a whole. Try to be focused on this median line capable of enlightening you and guiding you through the rest of your process. Beware of hasty decisions; you did not accustom us to that. We can understand your reasons and if you stick to them, we will accept them. We appreciate your courage and the rigour having allowed you to face up to things until now, without resignation being part of your way of being. Beyond human activities there is a place of peace and harmony which you can gain access to. Come and meditate there and find answers to your questions. Be at peace.

Monday, February 4, 2002 - 8:00 a.m

We appreciate your integrity and your rigour in this work. Your Cartesian mindset puts it in a context where no whimsical interpretation is allowed. You are a realistic medium that relies on evidence and you don't let yourself be carried away by an imagination that would not be desirable for this kind of contact. Whether you are recognised or not by people sceptical and impervious to this kind of communication, your work will remain a model of the genre. This clarification is necessary, not for the people in your circle – whom you trust – but only to stress that our trust is based on precise elements. Channelling is far from being largely recognised; it is an area where scientific evidence cannot be given for the moment. It is therefore necessary to put up with the reactions of a majority of individuals, and make sure that one day the greatest number can benefit from this teaching. Opportunities will arise by themselves. One day, the events that will occur on this planet will propel people's minds into another comprehension of these phenomena considered as paranormal. In the past, teachings of this kind were received and shared thereafter by inspired Masters. No difference was then established; isn't it the main thing that humans should be helped, one way or the other?

Monday, July 16, 2001 - 10:00 a.m. Faith – this is the most powerful driving force ever. It is what urges you to read these lines. It is your thirst for progress that makes you come to this source and quench it. Does it suit you, does this teaching touch the right chord, and does it make you grow richer? That's the question. If you are among our aspirants, you understood where your life's priorities lie. These messages are an addition to our teaching. Our way is simple and effective, as you already know. You are practising and you can assess the change being brought about in you, thanks also to your perseverance. To have an ideal, in spirituality, increases tenfold the forces that urge you to act. This incarnation can be decisive if you really want it so. It is up to you to make the choice that must propel you to the highest level. You chose the right guide; it is up to you to follow him with zeal and determination. We do not enlist you by force in this way of knowledge; your success depends on your profound aspiration. Do your best, you are mature and responsible people. You know where you want to go, so we will do everything to help you. You have our blessings.

Thursday, November 5, 1998 – 10:30 a.m. M: What is happening in the world is dreadful, towards what are we heading, Babuji? B: Very hard times, [...] France will not be spared, life there will not be rosy. I am happy to see you attracting souls through me. I like your little meeting. You have my blessings. Do your abhyas well, it is important. A little more patience for the ashram; it is in the process of rebuilding itself, we see to it. As for Patrick, and what he thinks about the messages, it's not important. He is going his own way, you are going yours. One day, you will join. So it is. (In the afternoon with Françoise and Anne-Marie, we meditate; Babuji has come and said to me.) We are preparing you for a special work. Your friends will benefit from it, and they benefit from it as of now; you can tell them.

Wednesday, November 24, 1999 – 8:00 a.m. To follow up on what we said yesterday, there is nothing to remove from these messages. In the future, before deleting and cutting what will seem superfluous to you, ask your hearts, calmly, before doing anything. These passages are often answers to questions you ask yourselves, or to comments you exchange with each other. As for what you yourself are writing, my daughter, you are doing it under our impulse in a special state; everything has its *raison d'être*. Reread my autobiography. How do you all react when reading certain passages? You have to know how to read between the lines and put yourselves effectively in the situation; otherwise you will find these elements unimportant, perhaps uninteresting. For everything that touches on the spiritual, do not dwell in the intellect anymore, or at least remain there as little as possible. Try to grasp inwardly what emanates from the lines you read. Learn to decode certain signs you don't immediately detect. Use your inner eye; it will help you to correctly grasp all the nuances. Your entire lives, you have learned to function and react according to your upbringing, the education you received. You've all been subjected to the influences of your surroundings. Try to interiorize yourselves and develop another way of seeing, of understanding, and of grasping what has most often escaped you. Be vigilant, and a sixth sense, outside the social framework, will enable you to have a more accurate approach to things.

Sunday, March 12, 2017 - 10:00 a.m

Life is a long series of experiences, some of which are challenging but necessary in the long run. Following a spiritual path saves precious time; it clarifies situations and stabilises the life of each person. These messages constitute a very simple yet edifying teaching when received with all the necessary openness of heart. The cleanings, the meditations and this unique transmission provide much more than it seems. Why continue to take down these messages, you might say. They too have a place of honour in this Mission; they are appreciated by many of our brothers and sisters and bring benefits that can be assessed over time. Following a spiritual path is rewarding; it is rediscovered from life to life, which constitutes a significant contribution, you can be sure. To all, our ceaseless blessings for the best to be accomplished.

Monday, December 19, 2016 - 10:00 a.m.

Memories, good and otherwise, constitute the substance of a life wherein everything is counted and remembered. Such are the laws of Karma. Every human being must come to terms with their own. Karma results from past lives, through which so many stories have followed one another to bring the human being into his or her current situation. All this is very mysterious for a person – how can one make sense of what is given? Each piece of the puzzle constitutes an important element for the continuation and progression of events, on this long Karmic journey. Here more than elsewhere, surrender is warranted; in the broad outline, nothing can be changed. The will to do what is right, to conform to the higher power, opens new perspectives. Everything is counted, down to the smallest detail; this is amazing for the human being. How can such meticulousness be achieved in the workings of divine laws, which operate here below with extreme rigour. Doesn't everything have its *raison d'être*.' In this domain, surrender is and will remain, as always, the inescapable recurring theme. Everything is for the best in the kingdom of heaven and for the abhyasi on his or her personal journey. This is how it is

Monday, April 14, 2003 - 10:00 Am

There is always something to be said. The question is: is your heart in need of continuing to connect to us and receive our remarks? Reading these messages, as well as our books that are at the disposal of our brothers, is an important aspect of the sadhana. By so doing, they are on the wavelength of the spirit of the Masters, which leads the Sahaj Marg Mission. This reading is for them a food of which they cannot evaluate the richness, and a contribution to their spiritual development. All that we offer to them is important, and supports the work of the living Master. Let us once again come back to perseverance, regularity in practice as well as the spirit of surrender that must prevail. All barriers must fall down so that the heart can progress towards highly advanced spheres. Nothing must be neglected when the candidate is well determined, and he wishes to go further in his search. We provide him with the means to meet his search. It is up to him to make necessary efforts to attain the goal. Even the best method cannot operate truly and effectively without the candidate's complete commitment. Faced with a life choice, only they can take their destiny in hand and surrender to the vigilance of their Master.

Friday, September 24, 1999 - 8:00 a.m Never forget that the divine essence, which is inside you, is pure. You must see to it to adjust yourself as fittingly as possible to this state through constant research and observation; your thoughts and your acts must be in keeping with this harmony, which dwells in you. It is not easy to drive away certain human feelings and reactions about events or behaviours. Having reached a certain level of evolution, a constant watch over oneself must be exercised, even if sometimes you reach a limit and the last straw is inevitable. These circumstances also must be positive. One must learn from them and see how to protect oneself from blows. One must imagine himself irreproachable, invulnerable, in short, out of reach mentally and physically; he must also see himself mantled in a kind of divine armour on which anything secondary, and finally unimportant, glances off. Meditate well on this aspect.

Sunday, February 25, 2001 - 6.00pm My dear daughter, We would like now to start giving you messages having a totally different content. Scientists are very often mistaken in their assertions. In a century these assertions will be outdated. Man will have taken a step forward in his understanding of the laws governing the Universe. They will then become obvious to a great number of minds capable of understanding their real meaning. Significant changes will take place on the Earth globe after great upheavals have occurred. Even the best established structures will be disrupted, and the elements will make life difficult for human beings, who will have to face up to things. Another race stronger and having a much-more- developed sense of extrasensory perceptions will set up a world that would astonish most men living in the present. When the poles are reversed, they will generate great climatic changes. Men will need to adjust themselves. A large part of the population in its present proportions will have disappeared. The Earth will start a new era, best suited to its evolution. We will further elaborate on some of the mentioned topics, and you will have to note down, without wondering too much, even though you cannot verify the soundness of what you are writing. These predictions should neither worry nor embarrass you. They do not relate to the present day, and a long time will have passed before all our assertions come true. You will have passed before all our assertions come true. You will need to trust in us, and leave your usual doubts aside. These writings will long remain in oblivion, before they could be made public. Therefore if it suits you to consider them as fiction , we have no objection to that. Don't worry you are not under the influence of any devious sprit. We will resume tomorrow the normal course of our talks. Be at peace. Be blessed.

Monday, June 28, 1999 - 8:00 a.m.

You should spare yourself, my child. You are going through a delicate period, and we are helping you. Do not let yourself be overwhelmed; you must learn to say no. You know how fragile you are because of all your ordeals. Those who love you must understand that you cannot do what you want. On other planes, your sphere of action is widening; you must be at our disposal, remain well connected to us. Move away from anything futile so that the channel is open at all times. You have agreed; this is a choice on your part that you will not regret. You know that we want the best for you; you are under close surveillance. Your way of doing, speaking and behaving must take this situation into account. Don't worry, this is not alarming whatsoever - on the contrary, you have asked often enough to serve, it's up to you. You are allowed only constructive criticism of others; listen to them - you have the training - without letting yourself be overwhelmed. Finally, we will revert to the heart. Open it more and more; give love to your neighbor continuously, with thoughts and words that comfort and bless. Become aware of this dimension and act accordingly, my dear daughter.

Friday, May 30, 2003 - 10:00 AM The energies of the Earth have become negative for multiple reasons on which we will not elaborate here, as we intend to address another issue. Meditation as we practice it has a very favourable impact on the balance of the subtle bodies, which affect the physical body. By keeping a close check on himself, the abhyasi can notice it and this aspect is important for his wellbeing. Today's world, with its varied and increasing pollution, is in danger. Man is caught up in this spiral, which he can't escape from. Meditating does not protect him from everything, but this action makes it possible to restore a balance in subtle energies, which helps him appreciably. Certain forms of pollution are becoming worrying; this process is irreversible under the prevailing conceptions of the world economy whereby interest prevails over everything else. Spiritual practice does not resolve those problems; far from it. Failing to remedy such evils, it allows other prospects to open up, towards a world where values are quite different. Meditating clears the way to a space that leads to treasures ignored by most of men. What we propose in our way does not require special aptitudes; it is open to anyone who feels capable of pursuing this kind of process. The voice of the heart can be made itself heard, when time has come. May all men feel one day the need to turn to other values which can transform their life.

Saturday, February 9, 2002 - 8:00 a.m.

Contrary to what you believe, you do not limit us. What is easy to read encourages one to start again and is better assimilated. It is not our purpose here to make learned sentences. The reading of these messages will be suitable for the majority of our abhyasis. Their objective is to sensitise them on easy acts and behaviours aimed at supporting their development. The subtlest reason was already given to you. Reading these pages leads to calmness and into an easy meditative state; this practice can be perfectly included in a well- understood sadhana. The assimilation of this practice little by little each day, fosters it [sadhana]. It would be good for our aspirants to try to get used to doing that; they can try it out and judge for themselves. A well-led spiritual practice must be nurtured with some ritual; which each one can organise as they please, taking into account our recommendations. While developing inside you, this spirituality takes an important place in your life. There comes a moment when it becomes necessary; stopping would leave a great vacuum, which nothing else could fill. We are happy to see you advancing more and more on this fast track, which is that of the aspiration of going towards the Ultimate. You all have the necessary means and our wishes and blessings accompany you.

Wednesday, March 20, 2002 - 10:00 a.m.

The truths concerned with divine laws must seep into you slowly and in small amounts. That is the only way you can sustainably assimilate them. Your level of intelligence has nothing to do with this process. Beware of this pitfall: a spirit that is too critical and erudite, which decides too curtly and refuses a given truth that is hidden beneath a simplistic looking exterior. Man is sometimes his own enemy; he deprives himself of a simple approach to things of the spirit, as he is a victim of his intellectual rigour. In this area, becoming again like little children with a heart wide open and unconventional, with respect to judgements related to the sacred, enhances one's comprehension. Knowledge creeps inside you by small touches, pervading your heart in the space you may wish to grant it. Some degree of vacuity is necessary; make sure you keep for it the place it deserves. You are eager to progress; find the necessary means. Let this aspiration not remain a pious hope! When grace is bestowed on you, make sure you recognise it and accompany it with fruitful action. Man has his free will; it is up to him to make the necessary arrangements for his destiny to be accomplished.

Monday, April 15, 2002 - 8:00 a.m.

We all went through these moments of intense tiredness where life was no longer interesting for us. One really needs to have faith, while experiencing these testing periods, as well as a sense of service – which takes precedence over all. Human nature, in its diversity, compels man to greatest vigilance. One needs to steel oneself to face up to all situations, and not to let oneself be caught unawares, life being full of surprises; that is how it is until the end. Only the wisdom acquired by man enables him to advance in life, while interiorising himself and building a solid bastion where he can cut himself off when everything seems to be conspiring against him. This refuge is sacred; it is accessible at any time, in joy as in sorrow, in the best years of life or in old age. Wise men have access to it very early. They are far- sighted and can set aside luminous spaces where they can quench their thirst for the absolute. To cultivate fine thoughts and reach spirituality while very young is infinite grace, resulting from past lives. No time should be wasted; happy are the enlightened beings who do not confuse the momentary state of an incarnation with the reality of the being, moving from life to life to acquire the letters patent of nobility of a soul, which will definitively clear the way to salvation.

Wednesday, March 8, 2017 – 10:00 a.m Inner contemplation and union with the Masters' hearts generate each day a perfect communion with the Hierarchy. These messages are the result of a deep and uncommon love; it will leave its mark on this Mission in a way that is unimaginable today. Each step taken helps to anchor this way of the heart a little more. Everything is falling into place, little by little, until the very best is achieved. Over the course of time, a sacred edifice is being built, one capable of going beyond the limits of materiality. This way of love will produce the very best, to truly unite beings on the path of peace and serenity. It is up to all to truly progress and conquer this sacred space. Ceaseless blessings.

Wednesday, May 31, 2000 – 10:00 a.m.

Your road is long and thorny. Appreciate each rough passage along the way; it's a step that leads you towards the light. Isn't this what you asked me for, a long time ago? 'Make my heart similar to yours', you said! Did you weigh the risks you took? Your trust in me is touching. I believe you won't be disappointed. I did not and will not make you empty promises, as you say. You are shaping your own destiny with our assistance. The aspiration of your soul must be met. One should never rest on one's laurels. The path that leads to the Ultimate is long and without end, since the end and the beginning are abstract notions. Remain in this state of emptiness of heart, offered to divine providence, without trying to understand the how and why of divine action. Your mind is continuously getting lost in human equations that are not compatible with 'Reality' as we see it. Be in the greatest simplicity of heart, divested of any intellectualism in which the majority of abhyasis, who want to explain everything and give lessons, get trapped, even though they themselves have to unlearn and develop themselves according to our criteria, that escape them completely. Be in the peace of the heart.

Monday, June 5, 2000 – 10:00 a.m.

A new stage of your life is beginning. Prepare yourself for some changes. You're going to rediscover the energy to undertake them. Your human qualities are intact. You still have work to do, whatever you may think. We haven't brought you to this high level of perception for this gift to remain unused. Life still has surprises in store for you. Whether my son comes to you or not, the communication between you is established, that's the main thing. Mountains don't meet, but they exist and have their respective importance. Some are more attractive than others, although each plays its part. Keep progressing and we'll continue our journey together. Don't go beyond your physical capacities, regain strength and everything will be fine. Try to finally be reasonable. These collections of messages testify to a part of your activity in our service. They exist, of that you cannot have any doubt, as you do habitually. Remain surrendered, adaptable to any change. That's how to act to be truly of service, never forget it. M: Babuji, how good it is to meet you again. My heart was missing you. B: Mine didn't miss you, since you didn't leave it.

Saturday, May 18, 2002 – 8:00 and 10:00 a.m.

This planet, which is so beautiful, is being disfigured in many places by men. Virgin spaces remain, respected in their initial beauty because they are less easy to exploit, but for how long? Life on this Earth could be acceptable, and its treasures should be distributed among all men, but such is not its current status. It will still take time before this dream comes true. It is man who must change, completely. He must leave his heavy human carapace grappling with all excesses, and look further into his true richness, which escapes him for the most part in the current era. He will have to shed this gangue, which darkens his inner landscape. The majority of humans are not very comfortable in this situation. A great step will have to be made, so that they can reach another form of life, for which they must prepare. You who follow us, you are on the way, you are called, you have understood that the key to success was there in an effective and redeeming process. You belong to a race of men that is the leaven of a spiritualised future when this world, which is trying to find itself, will find its true dimension. There is much to do, but you know it; time does not matter. Your pugnacity in transforming yourself will, by osmosis, help your brothers – still straying in the obscure mazes of this sad dimension in which they are currently – to evolve to a true spirituality. Your role is important; do not neglect this aspect, you who are likely to be pioneers. You all are interdependent in this world; do not forget it.

Thursday, March 2, 2000 – 9:00 a.m. (Medium's note: I had asked about my current condition.) From now on, your heart is a palace inhabited by a great king. Don't let just anyone or anything enter it. Avoid polluting thoughts and images unfavourable for the purity of the place. Be very vigilant on this point. You now have responsibility with respect to that new state. As often as possible, raise your thoughts above the ugliness of life. Let nothing grave disturb this special relationship. Fix your thought on us as much as possible. Our relationship will be fruitful, you are henceforth advancing on a luminous way, don't forget that. We are very happy about this, my dear child.

Monday, September 17, 2001 - 7:30 a.m

You are doing what you came on this Earth for. This work represents a significant part of your life. You are involved in many respects in these messages, which makes you feel uncomfortable since they are known, but this aspect puts them in a dynamic process which is not negligible, believe me. Each reader can recognise himself in these lines. The purpose of our comments is to awaken in them the best of their personality, to make them become aware of what is essential for their spiritual development. When a soul is ready to open up to a higher life, it is placed under the conditions conducive to this blooming. It is given the opportunities to find the most favourable food meeting its needs. Our method, in terms of its implementation, is both simple and very elaborate and it is self-sufficient. Our bookish teaching and these messages serve a different purpose: they allow, in addition to the core work, to draw the attention of our aspirants to a certain way of being and organising their lives around this method. Thus, while trying to grasp well all the aspects of the spiritual process, to sensitise them and help them, we offer as many elements as possible.

Thursday, September 27, 2001 - 8:00 a.m.

To nourish itself, the soul needs clarity and simplicity. It cannot be satisfied with an intellectual speech meant to show off one's knowledge. Here, we are beyond all these conventions. We go to the main thing to touch men's hearts in their deepest aspiration, where shams and pretences are superfluous. Human dignity exists; it can manifest itself in the most unexpected moments. We place our hopes in this race that must become the best ferment for a new era. Man cannot be completely bad: there exists in his genes a positive aspect, which only requires development. To some extent, this mutation is in the making; this message of hope is far from known. It will take a lot of time to win acclaim, but a new humanity is dawning on the horizon of this world and only this matters. A great cleaning will be necessary to reach that point: all the dregs will have to resurface to be eliminated. The divine power takes its own time to settle its scores. A very complex mechanism elucidates one by one the mystery of anomalies that can exist, and remedies them according to the rules and laws in force.

Thursday, June 8, 2000 - 10:00 a.m.

Don't worry about your literary talent. The interest of these messages lies elsewhere. Let's not revert to your interventions; we have expressed ourselves on the subject. We use a simple style, accessible to everyone and capable of touching hearts: this is the purpose of the operation. The truth is accessible to all, on condition one doesn't let oneself be dragged into the meanders of the intellect. A true spiritual process brings the most scholarly beings back to simplicity. To immerse oneself in the divine presence does not require anything else but total surrender of the humanly-constructed personality. 'Become like small children again' means just that. To have access to the Immutable, to communicate within one's self with the Divine, is to disregard what you are, to allow yourself to forge a heart worthy of seeing its true nature blossom, reshaped according to our criteria. We do not ask you to lose this personality acquired through upbringing and education. We only expect you all to put things in perspective and focus on the main thing: the goal, that is to say going back to bare essentials, love and trust in your Masters, who have the power to propel you to the highest level. There are choices to make; one should know what one wants and offer oneself to the Divine, if such is the aspiration of the soul which, in the final analysis, must prevail. Think about it.

Tuesday, April 4, 2000 - 8:30 a.m. (V) Haven't I told you that we were going to do good work together, are you going to start believing it? You're not out of surprises yet. The power of the mind, well directed, can transform matter. It's now a question of consolidating what can be consolidated. God, in His infinite goodness, permits us to come to the aid of human beings, to make them aware of the true meaning of life and to open their eyes to the realities of the beyond. There is no predetermined choice; grace goes where it must go. Happy the being who receives it, their destiny takes on a new meaning. Together let's continue this work on you, to give you the physical and moral strength to follow through on what you must accomplish. This blessed moment of your life is also its fulfilment.

Sunday, June 11, 2000 – 10:00 a.m.

My son has more people around him than you. In spite of that, he is alone and tired. The load is heavy and a human being sometimes suffers from not being able to solve everything, to do more, so that the Mission can expand and structure itself faster. Your heart is moved by his weariness because you experience it as well for other reasons. All your good thoughts cannot but touch him. It's true that many influential thinkers of your time, considered as such by 'the elite', have been and are on the wrong track. They impress false concepts on the minds of many individuals. Their own reasoning will perhaps bring them back to reality. Humans need points of reference, they follow in footsteps that don't necessarily lead them where they must go. One day, matured by their own experience, they discover their misjudgements and stop at the crossroads in search of a way forward that is better suited to their state of mind. It is sometimes necessary to journey a long time to understand the true aspiration of that which is called the soul, and then everything is to be done or redone.

Monday, June 12, 2000 – 10:00 a.m.

Psychoanalysis is on the wrong track on many points. Without spiritual illumination, it doesn't get to the heart of the being. In each human, there churns a closed world, a kind of city forbidden to external view. People do not necessarily have access to it and have difficulty deciphering signals that are foreign to them, and which psychiatrists interpret according to their own criteria, without succeeding in unravelling the knots. The complexity of this deep nature remains a mystery. Humans manage, sometimes, after dreams or repeated experiences, to seize the true meaning of their life. However open and informed they may be about the secrets of their nature, they will until the end remain an enigma to themselves. They will be able, in the best of cases, to gain some insight that allows them to glimpse reality. This thread will spur them to follow the path of knowledge and to call, in their deepest being, the guide who will be able to lead them towards the Promised Land.

Saturday, June 24, 2000 – 10:00 a.m. Think that you are not rivetted to your physical body and that you are making incursions to other planes, even if this activity is not conscious. Our contacts are made by way of these messages, which serve as intermediaries between the two worlds. For the time being, stop wondering. You have set out on a long voyage that must lead to its home port. Let yourself be carried along by events, rather than trying to rationalize. Take your inspiration from the sages of the past – and there is no shortage of them in the present either – who accept without trying to understand why they are different from others. Most often ignored, misunderstood, they follow their star, without batting an eye, relying on God for everything. Divest yourself of useless aspects, don't be constantly disturbed by everyday events; they are of no importance. May your boat glide over the waves, guided only by the Divine Master. V

Monday, April 15, 2002 – 10:00 a.m. Prepare your dress of light; when the day comes, it will open the doors wide to you, and your happiness will be equally great. The time for harvesting the crop will come, my daughter. The time of sadness and tears has ripened the crop; when it is just ripe, it should be harvested. Struggles are not useless; when they are well accepted they carry the soul on the waters of serenity and make it acquire wisdom. Love is a unique balm that can alleviate the distress of hearts. It is stronger than anything else; by making its perfumes permeate through the being, it makes an immense wave of tenderness emerge in him, gushing out from the depths where the noblest feelings lie. All has its *raison d'être*, if you push yourself to the limit, you will find wonder therein. Make sure you keep your head high in all circumstances. You know that the Immutable resides in you; it will not desert you, no matter what happens. Lead your life with this certainty in the heart; it [the heart] is not mistaken, it knows that this life is momentary and does not let itself be affected by the waves of melancholy.

Monday, April 5, 2004 - 9:30 AM My child, You know where from and how you can rejuvenate yourself. A hundred times have we shown you the way, balmy with sweet scents. Your heart delights in them, carried away by this ascending current, it merges into the multitude, thirsting for grace, without ever tiring of it. The call of the Divine is powerful, who can resist it? Our remarks constantly bring us back to love. It is the driving force of creation, the divine particle existing in each one, making the life-spark connecting him to the Creator fly. May your heart calm down while only seeing the beautiful and forgetting in these moments of intense communion, all that weighs heavy on it in life. Remember: 'all is nothing, God is everything.' More than ever you should remain in this spirit, surrendered to the divine forces governing your destiny. We support you and we love you, what else can we say! Be more and more connected to your Master; let him mould your heart, as we wish. Love him, merge us in the same impulse of gratitude and joy, with a delighted heart, thus all is well.

Tuesday, June 1, 1999 - 8:00 a.m. I am here, don't be afraid, we know you need time to emerge; this treatment is a bit bothersome. We're going to try to be less sombre today. Yes, we also have moods, and they are multiplied by x number of times, compared with what you all can experience on Earth. We cannot give any more details, our measurements being completely different from yours. Know that we go through very intense states across the full gamut of what you call emotions, which are for us of a different order. We are in a completely different register. This makes you think, in certain circumstances, that we are insensitive to the difficulties you are experiencing. We are often profoundly saddened, but we know that this passage is mandatory for you all. You have to go through this door, it is unavoidable. This point is difficult to understand, but we assure you that it's very promising. The coach who sees his players pushing themselves to the limit on a playing field is happy. He can assess their resilience, their strength of character and their determination. He knows what he can expect from each of them. But he is not a tormentor. For us, a great and beautiful soul requires all our attention. We don't feel sorry for his or her trials, whatever they may be. At the human level, we know that from this painful passage on Earth a strong soul will emerge, well-armed to brilliantly continue its trajectory, and we rejoice in that. Be in acceptance, love; we return it to you all.

Monday, November 12, 2012 - 10:00 a.m. The Mission has reached a crucial point in its existence in this world. It is constantly expanding here below, and this is just the beginning. Its action goes beyond this world; it wins over spheres where receptive beings find their bearings in a teaching that suits them. This may seem surprising to humans, but they still have so much to discover in this world, and they will continue doing so in other spheres - differently, but in a constructive manner. Teaching is not limited to this world; it extends in a vibrational manner and consolidates what is achieved here below. Nothing is lost. Beginning a spiritual process on this Earth opens up positive prospects for a promising hereafter. Worlds are many and some are very special; each of them has different characteristics, but all are complementary and form a perfect unity. The divine power is surprising in its effects; its powers are indescribable. A human being cannot conceive of how things are. However awakened they may be to higher consciousness, human beings can only advance with confidence in their Masters that they will reach the goal, the one they can lay claim to. Our committed and fervent aspirants understand the subtlety of this advancement towards the Ultimate. Each of them, according to their personal dispositions, is making progress in this way of the heart and the sovereign Spirit. This power is extraordinary, indescribable, hence the need to advance with utmost confidence, with ardour and faith. Whatever one's commitment, no one is losing time; they receive according to their call - nothing can be forced. Surrender and love towards the Master are decisive in this matter where future prospects are being played out. These messages are an additional asset that is so very rich. It is up to each one to become aware of this and take advantage of it.

Thursday, March 2, 2000 - 10:00 a.m

Do you understand now why patience is a major virtue? Everything takes time, it is the key element of this life on Earth. Time, in a way, doesn't exist for us, there lies the paradox, but we do have to call things by their name, as you define them with your reference points. If you go through these 'confidences' again from the beginning, you see in them a whole process, a kind of preparation to lead you to think in a certain way and act differently, as we wish. It's all about your story, the one that will follow you wherever you go, from now on.

Friday, January 24, 2014 - 10:00 a.m. Fervent hearts will see the light; faithful abhyasis who are sincerely committed to this path are nourished by their Master's comments, his teachings and these messages - which he himself recommends, in his great wisdom. All these writings are the result of the will and action of the entire hierarchy. Each of us contributes to them and, in one way or another, we participate. Masters of the present and the past are as one: theirs is a unity thus willed by the higher powers. It has been said time and again that everything has its *raison d'être*. The Mission is a whole, each of its aspects being very important. It is not always easy, at the human level, to comprehend the need to not neglect any of them. Everything that is offered in our way is meant for the good of our aspirants. It is not easy in this very turbulent and troubled world to take the necessary objectivity to work on one's own evolution. The clock is ticking for every incarnate being; sooner or later, they will change planes of consciousness and will have to adapt to the level that corresponds to them. To advance on a spiritual path with the help of a living Master is a rare opportunity. Not everyone has that privilege - far from it. Are our aspirants truly aware of this? The incarnate Master facilitates the ascent of souls towards their highest destiny; this is not commonplace and must be emphasized. Our abhyasis have this privilege at a time when our way is being recognized in the world, for the good of each and every one who follows us with confidence and a true commitment. Blessings.

Saturday, April 10, 2004 - 9:30 AM Plunge within yourself where all is beauty, harmony and joy. Isn't this ritual appreciable? It is the rallying point of all our brothers engaged in this redeeming process. They try to find themselves, not knowing at the beginning where this process will lead them. It does not open the doors immediately; efforts are to be made, steadfastness in the abhyas, and a sincere call of the heart, in compliance with what we propose to it. When the pace is found, in complete harmony with the Master, the progression continues. The principle is simple: openness of the heart, sincerity and perseverance in practice and surrender bring an abhyasi towards the blessed shores. This process takes place smoothly; the being is being transformed imperceptibly, not always assessing the progress made by him. Our aspirants know all this; nothing is palpable in this kind of process. Their inner self knows it; the transformation is not visible, but it is effective. The heart can finally sail freely; it advances in a good direction. This certainty is soothing and constructive. It knows that time is the decisive element in this business. It must go through stages, grow, and haul itself up to the heights, by jettisoning the useless aspects. It knows the rules. The divine laws are strict, and nobody can circumvent them. The divine power can be felt, it attracts it; does all the rest matter? It must be put into perspective and the main thing should certainly not be neglected. By the grace of God and the Master being its intermediary, this soul progresses towards the final goal of these many incarnations decisive for its realization. Fusion is the ultimate stage, the final achievement and the apotheosis of any process.

Saturday, September 25, 2004 - 10:00 AM These words which because of your sense of propriety you do not want to write, my child, reach my heart. Thought is a powerful force, and you know it. It can produce the best and also its opposite. As our brother Maitreya told you, humanity is in danger; it is suffering from a thousand evils and it needs prayers, good thoughts, which like a balm, could alleviate them. "This process is not useless, it alone cannot change everything, but it pertains to the great redeeming movement capable of transforming it. Powerful forces will manage that, driven by divine will and according to its own criteria, which are not those which men expect. Our way is playing its role; contributing to their elevation, it is preparing hearts to receive the fruits of a new era, full of all kinds of transformations— primarily redeeming.

Monday, July 13, 2015 – 10:00 a.m.

Sahaj Marg is within the reach of all fervent beings who are yearning for spiritual guidance that is appropriate to their need. Many souls thus come forth, carried by a path that is simple in appearance yet capable of producing the best outcomes – we can assess its beneficial aspects. A long road is to be taken to reach the best that can be. Efforts are necessary and nothing is easily won in such a field, but success is there. It emerges with time and the call of a fervent heart. Be assured that all our brothers and sisters are helped as needed. We cannot solve everything, but doing the best for each one is the challenge of our action. A spiritual unity like that of Sahaj Marg is no small accomplishment. It is getting its bearings over time and positioning itself in order to last a long while, you can be sure. More and more souls will be in need, and the answering of that need has long been planned. Everything in this world is falling into place to meet the needs of a new era that is in the offing. Everything is slow here below but takes place at the opportune moment. The human being is a particle of life caught in the great movement of this planet Earth – its fate is written and everything goes ahead as planned. What else can one do but accept and act as best as possible so as not to waste time. Spirituality is within the reach of all. May every human being realize the need to move towards it. Its action is redeeming, hence our ceaseless action. May each of our brothers and sisters open their hearts to fully receive its beneficial effects. We carry each one in our own manner. This is the way it is.

Tuesday, August 2, 2005 – 10:00 a.m.

The heart has its reasons: this is obvious in our comments. To be of service is to demonstrate complete availability. When it is accepted as such, it bears its best fruit. To be of service is to know how to listen to the call of the heart, even if it is not entirely consistent with one's anticipated plans. Humans make plans, God has other plans, even more so when humans are engaged in a process of service. The divine laws are infinitely subtle; they thwart all attempts that do not comply with them. By accepting this guidance, one progresses in the way of the Spirit while adapting to circumstances, even if they are sometimes disconcerting and not in accordance with expectations. Human beings plan their lives and destiny carves their lives in its own way. Seekers engaged in the path note these differences, and accept them by considering the divine intervention in their journeys. From life to life, the subtle being is developed with a view to its merging with the Ultimate, hence the need for listening and complete adherence to what an incarnation has in store. The current incarnation has to be considered carefully. Seizing this opportunity is a sign of wisdom and shows the determination of the aspirant to rise. Within our way, all can find the necessary means; these are provided on the condition that one actually becomes aware of the means and works accordingly. We help them, as we do all the brothers and sisters who trust us and expect the best results from their practice. Each one advances at their own pace; they all have their own chance. The ways of God are unfathomable, but they answer a soul's sincere aspiration to rise.

Sunday, May 9, 1999 – 10:00 a.m.

M: Babuji, Yes, you can make use of me, as I so often ask you to.

B: You are passing an important milestone. You cannot realize it. You let go, deeply. Your surrender must be complete. You do not belong to yourself anymore – that could be misunderstood, but you, you know what we mean to say, and you are thankful. We know this, that is where total trust leads. You are our frontline soldier. The willingness to serve which is in your nature makes things easier for us. Your service is not limited to Earth. It will take on its full extent when you leave the Earth. You will be completely available, which your current limitations do not allow. So rejoice, my daughter, your dearest wish is granted. What you have been asking for such a long time, well before we came into your life, is coming true. Be happy, we love you and we are not afraid to say it to you again, we appreciate your way of hearing it. We will say no more about it, so you will not feel embarrassed. You have to write down everything, do it for us. Blessings to you all who are serving us.

Friday, September 21, 2001-10:00 a.m. By working for your own transformation, you contribute to transforming humanity. This reality must encourage you in this. Become pioneers of a new world that has acquired the status of newcomer in the hierarchy of divine plans. The Earth is a place of experiences and changes for these souls; they necessarily pass through here below. The time will come when the level will be definitely higher and fit to continue towards perfection – the goal of every soul in search, irrespective of whether it is aware of this condition. This long path bears fruit more or less painfully, according to the circumstances, but finally redeeming. It is necessary for them to go through this stage, decisive for the continuation of their development. How many times will they have to come back? The awakening to reality is not strictly planned at the outset and can accelerate under the effect of grace. The ways of God and His laws remain unforeseeable and effective in the utmost secrecy. His great mercy can achieve it all. It [mercy] cannot be easily valued by men, because it does not necessarily answer their requests.

Thursday, November 18, 2004 - 10:00 AM Volunteering for divine service is praiseworthy; thus a being is given the opportunity to grow. Where, better than in this world, can he do it? Each day man is offered different options, some of which are determining for the rest of his life. In which state of mind does he decide, does he find answers within himself? It is all connected on this level. For him, the quest is long and difficult; to become aware of the need to be refined is a promising start. He is confronted with tendencies resisting his efforts; nothing in this area or any other one is easy for him. Starting a spiritual process is to engage in the right direction and to get stronger in relation to one's own nature, which stands as an obstacle to one's progress. That is the law in this world; nobody can escape this challenge from which a new being will emerge, if he so really wants, by applying himself to it with rigour. Nothing is easy in this world, or anywhere else; therefore it is better to devote oneself, from this very life, to striving towards perfection. Perfection is at the end of the path and it cannot be obtained easily. Purification equals suffering, either physical or moral; it is inevitable, whether it is desired or not. Man is alone in the face of his destiny; a serious spiritual process makes him enter a vibratory spiral likely to propel him out of his limited capabilities. The assistance of a high level Master remains determining for him; the onus is on him to make the right choice by relying on Providence.

Sunday, November 28, 2004 - 10:00 AM

To put on a physical body is inevitably to deprive oneself of extrasensory perceptions, and a range of knowledge not pertaining to this world. That is how things are; science cannot change anything about this, neither now or ever. Anything belonging to this world is limited; man should understand it, the most erudite one must accept it, if he is a wise man. Some of them are wise; they recognize their limitations and they do not claim to be able to change the world. They admit in addition that progress, as they conceive it, does not make man any happier. He creates more and more needs and in the final analysis, he complicates his own life, recognizing that his ancestors had a simpler life that was not necessarily less happy. Some human beings have gifts, quite remarkable perceptions, and they are not recognized as is proper in a superficial world not attentive to extraordinary things. Many claim they have those gifts, but they are only pale imitations, their information generally coming from a lower astral level. All these phenomena are not recognized, whatever their level of truth, and they are generally ridiculed by ignorant people. We cannot change anything about it. How will our brothers receive these messages? The most open-minded will be able to tell the difference and recognize the authenticity of these writings. Prophecies by certain beings marked history, without their sources being updated or challenged. That does not matter, the voice of wisdom makes itself heard whenever possible; happy are those who pay attention to it. Our spiritual way will not be outdone in tomorrow's world that will be open to the many capabilities of human brain, receptacle of a knowledge unexploited because it is currently ignored.

Saturday, November 18, 2000 – 8:00 a.m.

Advance on this path of surrender. Complete availability is important, work particularly on this state. You have agreed to listen to us as much as is necessary, and we use your gifts. Your role is enviable, but you have understood for a long time that service was the key word. Each abhyasi within the Mission can find their place in this domain. There is no shortage of activities where their abilities can be used. The smallest action is useful and beneficial to the person concerned. The Mission needs acts of goodwill and they are all appreciated. There are neither small nor large roles, there is being of service, the availability of the heart being the essential element in this matter. Never have the impression of being on the sidelines in this vast organization, the need for action always finds a way to be expressed. If so, there is no cause for any of you to feel excluded. To actively participate in all spiritual events is a considerable commitment for you, as well as for the whole group.

Friday, March 1, 2002 - 10:00 a.m.

Be confident and surrendered; what can you change with only your willpower? It cannot modify your destiny. You do not know what your future holds for you. Only confidence can embellish your days and give you serenity. Who can pride oneself on knowing what tomorrow has in store for him? Nobody knows it. Long- term plans can be achieved, but man is not sure of anything. He cannot decode the book of life; he must acquire enough moral strength and great wisdom to be in an utmost state of acceptance. It takes several lives to reach this stage. Do hearts wounded by a stormy destiny have any other alternative than to rely on God? This outcome is the wisest attitude; it is not necessarily accepted and lived out like that. It takes time for man to move towards the goal and understand the reason for the challenges that he must unceasingly take up. The fear of an Almighty God punishing his creatures, as portrayed by some religions, does not foster a sense of surrender made up of confidence, desire to do the right thing, and especially love.

Saturday, October 23, 2004 - 10:00 AM.

The twists and turns of the spirit are infinitely varied and rich. The day when man has managed to project himself into it in a conscious way, will be determining for his evolution. He will then be able to truly find his bearings and adjust his life according to the requirements he will consider as good. A corresponding openness will be offered to him, enabling him to progress up to his aspirations. Those are future prospects, which should encourage our brothers to prepare for this advent. These are not shallow formulas, unfounded; these times will come. The reality of the current world is far from leading one to suppose it and yet, it is in the making in secrecy and will become effective after some important changes. Humanity cannot remain confined in its current stagnation; the excesses and sufferings of all kinds that it generates cannot last forever. At this point, it is not constructive in the right direction, because it is exaggerated in terms of its manifestations exceeding the karmic framework. A general awareness should take place to better put into perspective the requirements of a life in terms of respecting oneself and others. This aspect seems to have lost its meaning, as aggressiveness is manifested constantly, unrestrainedly. Our brothers are engaged in a redeeming way preparing them for these changes. Our Mission was born from this point of view. We are not the only ones working in that direction; this transformation will be important and it will take place. So was it programmed!

Sunday, April 4, 1999 - 10:00 a.m. Easter : This beautiful Christian feast has become by and large a pagan feast. It should be considered with respect. See it as the beginning of a period of revival, where you leave your habits behind you and where you try to set out again on good bases, in your daily life, by giving a choice place to spirituality. It is not a one-day effort. May spring, this explosion of nature, witness the same work in you. Let a beautiful mystical impulse flower in your soul and see it with the passing days being strengthened in the same way as the bud becomes a flower and then a fruit. Think of the book, Fruit of the Tree, written by my son. Let it inspire you in this period when nature is getting a new lease of life. Create in yourself new habits which will strengthen your will power and will earn you a kind of armour to get off to a good start towards the goal to be reached.

Tuesday, October 26, 2004 - 10:00 AM.

It is not easy to currently make the majority of individuals admit facts not proven scientifically. Nevertheless, many are opening up to knowledge by building on some theories not officially recognized. All is slow on Earth; its status will have to change completely so that reality can prevail. Alluding to some facts, and reverting on a regular basis to man's possibility to open up to that reality, fosters awareness, hence the need for our many repetitions. Thus he makes progress and wakes up. Feeling that he is 'inhabited' without being able to define what he feels, he will seek to understand by going further into such or such teaching. To find his way will be for him the best means of advancing in this quest liberating him from the darkness of ignorance. The way is long; nothing can be obtained easily and without perseverance, without abnegation shall we say. These essential features can have a deterrent effect on a human being who wants to enjoy his life to the maximum, according to his own criteria; that is within his right. Nobody can contest his right. He is, in his own presence, responsible for this life where an opportunity is offered to him to be fulfilled spiritually. What will he use it for? The onus is on him; each one has in oneself a capital, a secret power that only seeks to open out in a favourable climate. Will it succeed? One day, here or elsewhere, everything will be accomplished as foreseen; it is a question of time. A new cycle is in the offing and, sooner or later, it will concern everyone.

Wednesday, August 18, 2004 - 10:00 AM Feed yourself with love; your heart is craving for it and this need will constantly keep growing, inciting you to detachment. How could a cold heart reach this state? Only love can fill it with wonder and change it completely. A life without love is a sad life; love alone opens the doors to the Infinite, showing the best way to be followed to reach that point. That is a topic that delights you: you love these comments bringing in you a special state of grace, which your soul relishes. All topics must be addressed here: ranging from the future of humanity in its less rejoicing aspects to the delectable emotions of a heart overflowing with divine love, this supreme food. It structures a being in its essential and unique aspects, with a view to the fusion with the Ultimate. How can we forget this topic today, when by successive waves, grace is carrying you towards other banks, which does not facilitate the work of the scribe? That does not matter; this kind of message is the best remedy for a nostalgic heart feeling humanly so far away from its Master, and even more from its loved guides. A human being, though fulfilled he may be in this matter, always feels an emptiness, a vacuum unexplainable through reasoning. How could we fill a heart, if it were not precisely in this situation of emptiness and appeal towards us! Maintaining grace in oneself is to call it permanently, and then give it as an offering to the Beloved. Love attracts love; it is the magic and endless circle. Love, my child, it is your vocation and we will not oppose it, quite the opposite.

Tuesday, August 31, 2004 - 10:00 AM Forget the world surrounding you, calm down and let your heart express its joy. It is waiting for this moment when you manage to withdraw from it, to only listen to us. Man caught in the movement of modern life sometimes struggles to find serenity. It is in the heart of silence that he can really reach that point, within his own presence, by leaving behind him all kinds of worries. This effort of interiorization gives him again the necessary lucidity to understand how much his spiritual process is important and the priority he must give it in his life. He seems to forget it sometimes and lets himself be ensnared in the traps of this illusory world. Such a reminder helps him become aware of his responsibilities, within the framework of his personal evolution, which is close to his heart. He must necessarily put things in perspective and take time, each day, to devote oneself to it. A fast track is taking shape before him. Will his motivation be big enough to put things in perspective, and devote to his material life just what is necessary? That is man's constant dilemma, in the face of an Earthly life dragging him in spite of himself, into many activities moving him away from his true goal. His spiritual process is not very much exacting; he must just devote to it its due place. Many of our brothers have made efforts to reach this necessary balance, on which their success depends in terms of what they have the wisdom to consider as being essential; the rest, there too, will be added to them.

Wednesday, February 27, 2002 - 8:00 a.m You have cleared the step valiantly; you can carry on, on your way, while choosing to continue with us, if you have the strength for that. We do not impose anything on you; it is up to you to make a decision. We can hear you, my child; we will do as best we can, on both sides. Service is the driving force of spiritual life. It gives it a double meaning. By being offered to the Divine, all the conditions for progress are met. Whether it is an active or passive service, if you put yourself at the disposal of divine forces, it is enough to do it with conviction and love, and then the objective is achieved. There are many ways of offering oneself; the single fact of proposing to serve, puts you in a good condition. You advance in peace with yourself, convinced of having done what you had to. By practising seriously, you do serve; you work for yourself and you serve a grand design. Following a spiritual way with conviction and ardour places you in a vibratory spiral, the effects of which are reflected ad infinitum. You act for your own good and beyond, by amplifying the movement which is the prelude to final regeneration.

Saturday, August 28, 2004 - 10:00 AM Create your future within yourself, through acts and thoughts. They represent, as you know, a power one should not neglect. It can destroy, but in its positive aspect, it is able to contribute to the construction of a better world, in the prolongation of a personal transformation. It is all connected; any form created is interdependent with another one. This fundamental aspect of Creation is to be considered in priority, which men ignore completely. They do not respect life as a whole. A feeling of superiority urges them to destroy shamelessly anything that bothers them, or merely for their own pleasure. This category of individuals exists unfortunately in this world. Whether concerning their fellow men or any aspect of Creation, nothing stops them. As means being at their disposal are becoming increasingly powerful, mass-destruction can take place, which is accepted by most humans. This mess goes against divine laws and produces a dreadful karma. Who would be ready to see reason on this point, in this humanity standing in its infancy in terms of its current evolution? Some admit the principle, but they do not have any means of remedying this collective madness of destroying shamelessly any living thing. Everything must be paid for sooner or later. The comments being made herein will not be admitted by all, as an unfortunately worrying reality. Awareness will take place, perhaps too late, with respect to the upheavals that must occur here below, and for which the serious errors being alluded to will largely be responsible. We wish we could make our brothers aware of this serious problem which one day will become a dominant concern.

Saturday, March 10, 2001 - 4.00pm :

These prophecies are to be taken as they stand: hope for the future. A stronger race more advance and respectful of true values will arise. That is how the future will be shaped. Those beings will evolve differently and their objective won't be money any more. That is enough to make some of you dream, those that did not believe that this kind of prospect could happen. Man of the future ages will not resemble today's man, neither body-wise, nor mind-wise. That race, the result of an important mutation, will start its path between two worlds: a long way at the service of the Great Beings who reign over the solar system, orchestrating the planets' movements and the harmony that must exist in the cosmos. The supreme strength of this vibration governs the worlds: the least deficiency brings about chain reactions. Infinity, coming back to it, is not a shapeless and lifeless mass without reference points. It is beyond your reach and comprehension. It is actually infinite insofar as it is not measurable. That is a truth that doesn't enlighten you at your current stage but which, in the future, might reasonably be clearer.

Sunday, August 16, 1998 - 10:30 a.m.

M: Have I transcribed your message well, Babuji?

B: It is not rigor that makes you advance, it is love. This is your strength, your great strength. Never change. You know what I said about love. (My Master, page 80.) It is the engine of the world. When love truly prevails on the Earth, she will continue her planetary evolution. She too settles a kind of karma. Universal laws apply to all things. Yes, you are doing well; collect yourself and Interiorize yourself much as possible today. You are my beloved daughter.

Monday, July 5, 1999 – 8:00 a.m.

B: Do you really want this to be the end of these messages?

M: No, Babuji, I would have a very painful impression of being useless. A great vacuum would be created in me, as if you did not dwell in me any more. B: Your reaction is due to your state of fatigue and the effect of this big upset. Life does not stop for all that; the channel is intact and we can continue by lightening up a little to let you catch your breath. Since Saturday, you have experienced good, spiritually strong moments together. These states are not necessarily perceivable. You have benefited from special blessings. Remain united and supportive of each other in this matter which creates a bond between you. You are the first custodians of these messages, it is a grace you are receiving. We are happy with the result, this is a very good work, well processed and well packaged – it looks good! They are precious in many regards, given the conditions in which our dear scribe has been working, more with her heart than with her own strength, especially on certain days. We will continue, as long as it is possible to do so. Many things have been said the main things. You have food for thought; each one of you has evolved, without even realizing it. Since you read them, you see things in a different light. Continue to nourish yourselves on them; your hearts will soften in the right sense. These messages are entrusted to you; make good use of them, now and in the future. They are under your care.

Thursday, April 6, 2000 – 8:30 a.m.

When you come to rejoin us, you will be astonished; we have played so many roles over the course of our successive incarnations. When my true face is revealed to you, you will be happy to have shared this experience with 'The Venerable'. Our paths cross by divine grace. You know how to soften hearts with this small key that is seemingly insignificant, yet can open the most precious coffers where secrets are hidden. Your Beloved carries you in Him, and to Him, what can one refuse! He is a prince in this Brighter World – not to say a king, since the king doesn't have a face, and has never had one, he is 'all-powerful'. Since the beginning and until the end of time, it will be so. You will discover a part of 'these secrets' when the moment comes, when you will be nothing more than subtle vibrations, far from the turmoil of the Earth. For the moment, you must continue to advance blindfolded, but connected to the heart of the worlds. (V)

Wednesday, April 5, 2000 – 10:00 a.m. (V)

We cannot always tell you astonishing things. You have come to regard our exchanges as normal. That this communication exists and that we give you some information, even if it remains within a limited framework, should satisfy you. The aim of what it is possible to say to you is to accompany a task that you would not otherwise be fully aware of. Many would love to live what you are living, on the spiritual level at least. Be contented with what we tell you, you are privileged. Even though by nature you were inclined to be constantly on the move, out in the world, it is another action we are asking of you, one that goes beyond all physical effort. There is a great lesson you must draw from this incarnation: the withdrawal into oneself, in the sense of interiorization and the utilization of psychic powers. It is a vast programme, little known to humans, but one that we use as we see fit. Isn't it said that it takes all sorts to make a world?

Monday, March 27, 2000 – 5:00 p.m. M: Babuji, what do we become, the two of us?

B: You are in good hands. (V): Don't try anymore to find out who I am. Where would that get you? I am, that's all. Let it be enough for you to agree to be the instrument of the Divine and to think that you are living an uncommon experience. A name, a form are human references. We gave you this image of me so that you have a visual support, but it should end there. As far as we are concerned, that is of no interest, so let us not come back to the subject; simply be yourself. Thus will this matter be settled; it's better not to waste your energy on useless speculation. Be content with living this situation as best you can, and we'll be satisfied. Uniting oneself with the Divine can be achieved in this world, it is a question of a personal journey and a deep call from the heart. God fulfils the souls thirsty for His Presence.

Sunday, February 10, 2013 – 10:00 a.m.

Utmost surrender fosters our action, thus is the best achieved. A surrendered heart becomes very receptive, thereby creating a vibratory chain that runs across the world of humans. Nobody is forgotten, alone, isolated or far from everything; nothing stops the effects of grace when the spiritual Master is called. This is how it is, we repeat once again. But it is not easy for everyone to understand such comments; they are beyond the comprehension of many human beings. Our brothers and sisters who are faithful and truly committed in their process, not only advance, but also manage to grasp what to them seemed impossible before. The Sahaj Marg Mission differs in this; it offers real and tangible results, shall we say, over the years. Our aspirants are thus privileged at the dawn of an unprecedented transformation of the world, and they benefit from the appropriate preparation. It is not negligible, because these vibratory effects benefit all sensitive beings. "People need time to understand the importance of a spiritual journey; many do not truly realise it. Nothing can be forced in this area. Certain facts will sometimes change a person's vision, so that he tries to understand and to feel within himself this lack which calls out to him. "The divine plans are a constant enigma to humans; very often, on their Earthly journey, these plans can lead them where they never thought to go. "Humans plan their lives and what does God do? He laughs." "That is the great mystery of life: it can hold surprises in store, constantly, until the end. This is how it goes.

Saturday, August 13, 2005 – 10:00 a.m.

Have confidence in life. All has its *raison d'être*, you know this, and your ordeals are not useless. Surrender to the Divine is unrestricted. It entails complete availability and acceptance; it is the price to pay for everything to become meaningful and constructive. So far, your life, in this respect, has been a long trial to reinforce in you the decisive aspect of this incarnation. When you leave this world, you will be able to assess this incarnation and note the results of your efforts, while leaving aside regrets for all that it did not allow you to carry out. Never lose sight of your main objective, it is the surest. All the rest is illusory here below. Carry on your path as well as possible, while keeping present in you the real aspect of life. Remain united with us through the heart and benefit from your asset, thus advancing as serenely as possible while accepting your fate. There are positive aspects: would you note down these messages if you could roam the world in pursuit of big thrills? It seems not. This is about your choice, my child, and it suits you; it's all that matters, since it responds to your true nature. Your moments of escape towards other spaces are not accessible to all; they are not included in tourist guides that make humans dream of voyages to the most distant places, which they find very charming. For a long time, your life has taken on another meaning. Do your level best, my child, nothing is easy for you. We are by your side. Be blessed.

Wednesday, December 11, 2002–10:00 a.m.

Let your heart become an unlimited space, completely available and welcoming to Divinity, in purest joy. This objective is essential for you; you chose it deliberately, and it gives your life all its meaning. Each one of our aspirants is making their way, according to their deep convictions and at their own pace. We help them all, according to their personal request, the work being done by itself, shall we say, since the response results from the call of the soul. We cannot force a heart; it must develop and be strengthened by an assiduous practice, thus benefiting from the divine energy that is transmitted to it. This purifying breath makes it grow and open up to reality. Love develops in the heart, little by little, as a logical result of this work, which opens new horizons to it. This process will continue until the end of one's life on Earth. Perseverance, a prime quality in this circumstance, will enable all to make good progress. They were ready, in this incarnation, to take the plunge and access a true process likely to make them move forward. Each one is geared towards what is suitable for them, and according to their progress. The journey is long, evolution takes place slowly. Our way constitutes an important turning point in this process which benefits many souls, which in turn take along with them other souls seeking a favourable outcome, fulfilling the call of the Divine.

Wednesday, June 26, 2002 - 8:00 a.m.

Why should your heart be limited to the momentary fluctuations that trouble your life? It is making progress, freed from what does not relate to it. Spiritual life is structured on other levels, according to a quite precise and immutable framework. You appreciate this correspondence that gives another meaning to your life; it becomes essential to your two hearts, which find the same echoes in one another. As far as you are concerned, these exchanges shed another light onto your existence. Could its interesting part reside outside the realm of your spiritual activities? You are not the only person for whom pursuing one's life would become heavy without the mystical aspect that gives it its true dimension. This treasure cannot be removed, but can only be extended more and more, and can gratify hearts that are the most enamoured of the Absolute. There is no limit to this noble aspiration. This kind of conquest is accessible to all. We can only support it and encourage it, with all our blessings.

Thursday, July 25, 2002 - 8:00 a.m.

Your heart is getting refined, your perceptions, too. Our contacts are not limited to these time-bound appointments; they are frequent. You know how to remain available and receptive, your priorities being well defined. This is how you are making progress; giving one's heart means giving it fully. There is no room for approximation in this matter, commitment must be total – thus is a true mystic. Mystics made their choices, their lives are structured according to this special planning; nothing and no one imposes anything on them. When the moment has come, it is the soul that becomes demanding in its need to love and to offer itself. Touched by grace, it turns definitively towards the one who calls it. Thus is the process of a strong soul, resolutely committed in the service. There are many stages to go through before arriving at this level of perceptiveness that enables the heart, without hesitation, to offer itself completely. It is a great step being made towards Him, who in His great wisdom knows how to guide the heart so well, when it is ready for this great voyage.

Monday, February 7, 2000 - 10:00 a.m.

Sweep away the past, a new being is emerging within you, settle all your accounts. Clear your mind of what has marked your life – nothing should slow you down any longer. Turn this page once and for all and see what is before you, bright and cleaned of any unnecessary baggage. You wish to devote yourself to us, to the Mission. That's what you've been doing for a long time, but as we already said, everything evolves and transforms. From now on we will use your sensitivity and your gifts for more subtle purposes. Let yourself be carried, my child; this work in the shadows suits you perfectly, even if objectively you don't grasp its full import. That's what it means to be surrendered, to trust, to avoid questioning too much and, out of love, to let oneself be used as we see fit. Glorious feats in broad daylight are not for you, and you cope with that very well. You are just a 'little nothing' laid on my heart, as you say, so may that 'little nothing' be blessed.

Thursday, April 10, 2003 - 10:00 a.m.

Step back, withdraw into your heart where the best is worked out. In these moments when we are in contact, emptiness must be created in you, thus leaving room for this special vibration which enables us to communicate. Let worries fade away and revert to the serenity that allows a medium to be completely available. Spiritual practice also requires specific surrender depending on the prevailing circumstances. It is only possible with a heart open and receptive to the resulting benefits. It is not always easy for many of our brothers and sisters to devote themselves to this work with complete tranquillity. In these circumstances, it is good to be able to empty one's mind, which makes it possible to reach other shores that lead to a deep calm. Sadhana allows aspirants who can master this practice to withdraw at any time, if they so wish. The refuge is within. The soul's aspiration to rise towards the Divine is not satisfied with the turbulence of material life. May each of you know how to put things into perspective and set aside the necessary time to build this sacred temple, where the very essence of life is recreated, the only one that is worth living. All is illusion in this world, as you know, so do not let yourselves be caught in its clutches. Preserve within what is essential and get stronger in this conviction: God alone counts, the rest is only incidental.

Monday, April 5, 2004 - 11:30 AM

Dreams must not be dealt with in our way, since in our way, we go so much beyond these manifestations that are illusory to man. They are mere signs, devoid of actual interest. Therefore, what do we have to do with them? Our process pertains to another level: our brothers must be prepared for a long march, putting them in line with the new era, clearing their way to true knowledge. This point is worth insisting on: our abhyasis must advance with a spirit of complete openness to what we propose to them. There is a hard job to be done: we are preparing them according to the divine laws that go very far beyond their current comprehension. All must look towards the future, a future where spirituality will be the true conqueror of the hearts, by exceeding what could slow them down in this elevation. Let us focus our efforts in view of that, to meet the current requirements; our way, as it is, can do it. May all be blessed and responsible, as far as the main thing is concerned.

Friday, June 8, 2001 - 10:00 a.m.

All rivers big or small, even the least stream, have only one and the same destination: to flow into the ocean and be subsumed into it in the most beautiful anonymity. Thus it is with souls: when they have completed their journey, they immerse themselves into an ocean of grace and endlessly vibrate with love. Such is the final goal, the apotheosis that must result from all these long, sometimes painful, journeys that lead to what must be. With time, the soul accelerates its speed. Its vibration intensifies and propels it on an orbit more suited to its own rhythm. To vibrate with love, this is the goal to be reached: to ensure that this state is almost permanent. To maintain in one's heart a state which cannot be influenced by any negative vibration, to preserve this powerful flame out of any reach – this is the secret. Take refuge in sadhana when you feel it necessary; you will find serenity therein. This oasis of purity must help you to face the vicissitudes of this Earthly existence. It is the sole and surest refuge.

Wednesday, March 31, 1999 - 8:00 a.m.

Be like a feather in the wind, let yourself be carried away without offering any resistance to our work. You are shifting to another register, it is good to comply with what we are asking. Thérèse of Lisieux spoke about soldiers and battles; this is the case, the battle of the forces of good against the forces of evil. More than ever, there is much to do on this poor Earth. Unite yourselves in prayer; each one do what is possible, and above all, do it with the heart. You all are heading for very hard times; a destructive process is under way. Mobilize yourselves, be passive soldiers, but united, available and active with the means at your disposal. The great struggle of your favourite saint took place in the shadows, my daughter, through prayer and surrender to the Divine. She did a lot; she is known the world over. Act as best you can; great actions are not necessarily required. This is not easy to understand, but know that you all can achieve a great deal through thought. Be united, go beyond your differences and your disagreements. Think carefully about this and do what you can.

Monday, June 24, 2002 - 10:00 a.m. All these current torments will be forgotten one day. What will they represent in the future? Do they take away from you what is essential in your spiritual life and for our contacts? We nevertheless understand your concerns; your life is easy only on the surface. You are not assisted, as you should be, to cope with your daily chores. We appreciate that you remain receptive to listen to us. One day, your brothers and sisters will be able to find comfort in reading these greatly simple messages through which they will be able to feel all our attention and understanding towards them. We are not judges steeped in our prerogatives, only chosen ones who work to help humanity. It needs to be helped; our compassion is great and it is used advisedly. Your calls justify our combats. They are pressing; appalling cries reach us, of which you do not have any idea. Think of these beings hunted, famished or subjected to torture. There are many of them on this Earth. We do not want to draw an alarmist picture, but humanity is suffering atrociously in many areas of the sphere. Suffering is everywhere in all countries; it is hidden, generally, but it exists. Think of it, you who have the recourse of faith.

Sunday, June 23, 2002 - 10:00 a.m. A strong love, dress-free, between Master and disciple is not commonplace: it is a very special grace. See the love that my son has for me: it is exemplary, his humility is moving. My love for him cannot be quantified; it does not belong to this world, it is of the divine essence. Our bonds are very strong. His heart is inhabited by, and bathed in this vibration that emanates from mine. A love like this cannot be described; it can only be experienced when it is allowed. The goal, for a fervent disciple, should aim at reaching this perfection, which is seldom given. My son is a great soul, luminous and strong. We did not choose him in vain. His way was all set since his birth. He has matured in the face of the difficulties of life, which prepared him for his imposing task: to succeed his Masters, who were also chosen to give to the world this future spiritual way that already fills with joy the hearts that respect it and follow it with fervour.

Saturday, March 6, 1999 - 10:30 a.m.

Why are you still so reluctant to speak about certain messages and to make them known? You have this undue prudery in the Occident in expressing feelings and heart impulses related to spirituality, whereas so much ugliness is freely displayed about sex, violence and hatred in this terrible world. You should, on the contrary, not be afraid to show what touches you in the depths of yourself. Is there anything more beautiful than love for one's Master and its resulting impact on his disciple? Open the gates of your heart, of your soul; do not be timid. Let yourselves become imbued with this perfume, bathe in this divine love, unrestrainedly. When you read Kabir, does he not express the most beautiful feelings, as well as sublime states of soul that carry you away? Did he hide that? You see, my daughter, we understand your sense of propriety, but do not be afraid to open your heart and to show how to love. Love attracts love. We cannot remain insensitive to such impulses when they are sincere. It is a very sure means of touching our hearts; we will revert to this topic. In this period of preparation for an important celebration, cultivate particularly the beautiful impulses of your heart. There is no shame in that. Even if you cannot really see what true love is, let it suffuse in you and manifest itself without excess, but without excessive timidity. Love, surrender, faith and tolerance are as a whole; it is your asset for eternity. Take care of it well; this is what we intended to make you understand today, by insisting time and again. See you tomorrow.

Wednesday, November 17, 1999 - 10:00 a.m.

You write strictly what we dictate to you; do not worry about this, my child. You try to formulate it as correctly as possible in the French language, according to your knowledge of it. You are not a graduate linguist, but one should not have complexes about that. Each one, whatever his knowledge, is deemed ignorant by somebody else; do not dwell on this kind of consideration. You are doing the most important thing; is this not what matters? Go beyond this kind of reaction. Without you, these messages would not have been written down. It would be a pity, don't you think so? Even if in the future they are dissected by people believing they are superior, you are doing exactly what you should. Don't you have your rescue squad? Each one has his role and it works very well like that. My son is preparing for a long tour. His life takes a new turn. The mission for which he came on Earth is nearing its zenith. Venerate your Master; his action is salutary for humanity. You cannot assess his work but you benefit from it, consciously or not; is this not the main thing?

Wednesday, June 19, 2002 - 8:00 a.m.

Everything has been said concerning practice and behaviours. Let our hearts pour out their feelings, according to the present moment. The heart deserves the greatest attention; it is the centre of the world, connected to the cosmic heart and the fervent admirer of divinity. Let yours sail, my child, until it breaks loose, definitively, and finds its primary freedom. It feels like a giant, confined in cramped conditions in a not very pleasing place. Big spaces attract it; it too would like to be stronger and bigger. It beseeches its God with love, trying to escape the misdeeds of this world where all is only illusion. It would like to sing the praises of the Almighty all the time, and say how much suffering resides in a world ignoring His love. It would like to be an exalter of His glory, which defies time, since He is the Master – the Master of the worlds, of sidereal spaces of the created and the uncreated, of all that goes beyond human understanding, and all that is great. Make sure that your love for Him also becomes great, without imposing the least limit on it.

Sunday, March 7, 1999 - 9:30 a.m.

M: Is my transcription correct, Babuji?

B: My children, beware of intellectual conventions; they kill the natural movements of the heart, as we have already mentioned. This is where the difference between the Orientals and you precisely lies. You burden yourselves with a jumble of principles: this is silly; that is childish. You create fetters for yourselves. You have rules resulting from an education imbued with religious criteria stamped with a sense of rigour that often deadens beautiful mystical states. A feeling of guilt is always latent in you. Between mystical rapture and an authentic impulse of the heart, there is a difference that you need to understand well. Do not be afraid to love. Your hesitations arise from the fact that humans are not reliable, that sooner or later they disappoint you. The divine love, instead, will always be there until your dying breath; it is your true refuge. You will never be disappointed. Your desires will not always be fulfilled. You will have to live with difficult situations; this partakes of your life's path. Yet, we do not ignore you. We support you in your struggles, whatever they are. In your most trying moments, when you believe you are abandoned, we are present more than ever. We give you evidence of our support. Remain cautious in your interpretations, but certain signs often show you that you are never alone. Rely on us; we always act for your good. We bless you. Yes, let that be an example to you. You are the typical product of a rigorous education. Cultivate what is good in you and put things in perspective with regard to certain barriers that hinder your spiritual development. Be more spontaneous and natural; do not steel yourself so often. All will be well. Cheer up, my daughter; you are quite good. We love you and bless you especially. The great movement that is underway among abhyasis makes us happy. The motivation is there. My son's speeches have struck people's minds and have made them move. We are advancing towards the goal; such was our purpose.

Saturday, December 10, 2016 - 10:00 a.m.

Time lends events their due importance; our Sahaj Marg Mission has a history that will last a very long time, for the good of all. These thousands of messages are not given in vain; many of our abhyasis are nourished by them daily and derive benefits of which they themselves are not aware. Nothing in the realm of spirituality is done without good reason; these have priority for us, you can be sure. Everything concerning our abhyasis holds our attention. We are happy to see them progress, integrating themselves better and better into this great unifying movement that allows in each one an opening of the heart, in keeping with our wishes and surprisingly productive. It does take time, in such a register, to acknowledge this reality; the heart of the human being holds secrets, a history that characterises it and truly develops it over time. Mystery is a part of life; it shapes it little by little and gives it its true appeal. Who knows the mystery of his or her own life, what it has in store, from beginning to end. Better it is not to know, sometimes, and to discover over time what Karma holds for each incarnate being. The power of the Spirit here is sovereign; surrendering to the Divine is the best way to gain precious time. May all our abhyasis take full advantage of what Sahaj Marg offers them. Blessed they are to receive it, in their hearts and in accordance with our wishes. So it is.

Thursday, November 3, 2016 - 10:00 a.m.

The mystery of faith remains entirely. Human assessments do not really grasp the truth; everything is far more complex than it seems and does not depend on the will of each individual. Human beings follow a path, decisive and necessary to the manifestation of Karma. They are very small before this power that imposes itself on humans and, in truth, leaves them little choice, at the level that interests us here. Following a spiritual path answers a necessity, a need, a call of the soul in its journey towards the Eternal. This remains a complete mystery; who can truly grasp this higher will - no Great Being manages to do so. Surrender, faith and courage are the major elements in this grand prospect for human beings: merger with the Ultimate. Everything is counted - events, actions, thoughts - everything leads back to this much desired goal, which requires efforts and unfailing faith. The Sahaj Marg path prepares the way; it brightens it in its own manner, which is not without interest, you can be sure. This very special path keeps well its mystery, which will one day reveal itself to knowledge, and it will amaze. Simplicity of approach can produce the best; every abhyasi, truly invested, can reach this merger with the ultimate peace. So it is.

Sunday, November 15, 2015 – 10:00 a.m.

Peace on Earth among humans and for the good of all – that is what would be decisive for the balance of humanity. Hatreds are not constructive; they seriously hinder the expansion of consciousness and keep humankind in a dismal stagnation at all levels. Transcending those situations – definitively – would mark a very important step for the good of all living beings. Advancing in that direction, freed from the useless, would clarify once and for all the status of the human race; this world is far from perfection. May a general awareness allow people of good will to look to higher and nobler aspects, and thus liberate humankind. How many more centuries will it take to clear up the situation and ennoble human beings on their Earthly journey – a journey that could provide them with so many constructive benefits at all levels. The only aspiration of the soul is to rise above the miasmas of this materiality that leave the human being overly bogged down in a state of disconcerting negativity. We are constantly working in this direction – one that truly matters to us and that seeks to change, even on a limited scale, this situation that is distressing in many respects. Let us not despair. One day the divine goal will be reached and a wave of love will be able to engulf this world rather than see it annihilated for reasons that would then prevail. Special blessings to all.

Thursday, December 1, 2016 – 10:00 a.m.

What more can we say, apart from transmitting through these writings a very special energy perceived by hearts sensitive to this characteristic vibration. This long journey of messages is unique among its kind, as wanted by the high Hierarchy; it fulfils their wishes exactly. Thus this celestial manna constitutes a real benefit for this Mission. Each of the incarnate Masters has brought his personal touch, enabling the Mission to position itself in a special way for the good of all abhyasis, who trust us and whose numbers never cease growing. The world is changing, and so is the longing for the Divine, as was foreseen. The progress and many material conveniences of the modern world cannot satisfy that which constitutes the 'essential' part of a human being – his or her longing for the Divine, a longing that is profound even if not always easily revealed. Many obstacles hinder it, obstacles specific to a time that is troubled in more ways than one. Whatever is divinely willed always prevails in the end, for the good of all. This is what delights us. Blessings to all once again, for the fulfilment of what must be, and will be.

Monday, November 16, 2015 – 10:00 a.m.

This world is what it is. Alas, we have no magic wand as in children's stories where everything can be resolved for the best. Why so much hatred, and from time immemorial! Love, that love which motivates our actions here, will one day prevail. It will take a great deal of time and perseverance, but divine laws always triumph in the end, establishing what has long been foreseen. Major upheavals will bring about a cleaning of the constructive energies, and at all levels. They will generate radical and significant change beyond what is imaginable today, where hope remains elusive. Following a spiritual process shows a deep desire to lift oneself up, to curb certain negative aspects that have been perpetuating harm for so long. Despite all this, our hope is great. Nothing is beyond redemption; the power of the divine energy will eventually triumph over evil in all its forms. That is just a dream for now, but reality will prevail in the end. A new era will then begin and find relevant solutions to the major problems of this mad world that no longer sets itself any limits. May all our abhyasis become aware of this fact and do their best in a constructive way. Thoughts can initiate good; it is up to each one to be committed and thus in some manner neutralise the forces of evil. To God, nothing is impossible. It is enough to mobilise oneself and move in this direction, each one according to their capacity. Meditation is very useful, you can be sure. It purifies ambient vibrations and in a certain way transforms one's surroundings. Special blessings to all.

Wednesday, June 12, 2002 - 10:00 a.m. A medium is not a machine; it is normal that your states of soul influence our remarks. You are a human being, equipped with great sensitivity, which supports these special contacts. We cannot ignore the state of your physical body that hinders your activities. Our remarks are imbued with all this humanity, your sufferings being those of many brothers and sisters who will read these messages. A purely intellectual speech could not hold the attention of the greatest number for a long time. Tests reach all classes of society and no race is spared. By targeting man's heart like that, we go to the deepest level of their being to touch the sore points which they want to ignore sometimes, considering that they have a higher intelligence. All men are equal, although the majority of them believe the opposite. Once their current life is completed, they will be able to make an assessment and learn the lesson of a momentary incarnation, but a rich one – so we hope – in terms of an essential asset to their evolution, the only asset worthwhile in the field which interests us here.

Friday, June 14, 2002 - 10:00 a.m. You have grown over the past years during which your heart has remained surrendered to us. Thus is the sincere aspirant who decides to follow our way and who relies entirely on the guidance of his Master. It is in this spirit that he must take up his sadhana, letting his heart explore all the possibilities thereof. This level requires utmost receptiveness. The mind should not be a hindrance. His deeper conviction, and only it, must guide him and lead him towards shores where another universe can unfold to him. Perseverance is the main force, which makes him act each day. His inner being guides and inspires him. His soul is thirsty for the Divine. This need is imperative; it grows and becomes essential. To follow this inclination is a grace that we support according to the call. Each one receives according to their needs and the receptiveness of their heart. To love one's Master, places him in the best possible condition. Ask and you will receive; these remarks testify to this way of openness to God; it is eternal, nothing changes in this field. You all have our blessings.

Wednesday, July 3, 2002 - 8:00 a.m. Even if they don't have any special gifts, each one of our aspirants, quite regular in sadhana, can feel us in their hearts. It is enough to call us very sincerely, selflessly, for us to be listening in. Impulses of love cause these situations, which support the openness of the heart the way we conceive it in our way. Our rituals and our songs are performed in silence and in meditation, supporting the expansion of the soul. Interiorisation makes them take on all their might. There is no room for idolatry in our gatherings. By venerating one's Master with a quiet presence on special occasions, you show to him your gratitude and love. Is there anything more beautiful than this imposing evidence, whereby our abhyasis come from afar to see their Master, and to show him the place he holds in their spiritual life? To express one's love is a healthy and spontaneous action, not orchestrated for a monetary profit; it is about spiritual benefits, freely given and received.

Monday, March 6, 2017 - 10:00 a.m. This moment brings forth excellence, the meeting of fervent hearts. By reading these messages every day, our brothers and sisters are imbued with a subtle and redeeming energy, which takes the soul to the highest level of purity, as is wished for this life. Ample opportunities are offered to all hearts that are motivated; this way is still quite far from having revealed all its benefits. They will manifest in all their subtlety in due course, thus allowing each abhyasi to attain the goal in this incarnation. To each one, peace, love and sufficient commitment to achieve the best. Special blessings to all.

Thursday, June 10, 1999 - 10:00 a.m. You all have a Master and a way that must transform your life: see only that. Don't dwell on human behaviour. That's a mistake some of our associates make. Don't worry about other people's reactions and comments. They don't know any more than you do, possibly less. See only the essential – the Master and his teaching. Go on your way with this single reference. Your interactions with the abhyasis you mix with are to be considered as simple fraternal exchanges. Your fellow human beings are not perfect, nor are you; be tolerant yourselves. Accept them with their weaknesses and their good sides. Refrain from judgemental rigour distorted by your own shortcomings. Be in a state of Love; look at others with this state of mind and a gaze full of kindness. All will be better for you.

Wednesday, July 3, 2002 - 10:00 a.m

These contacts over so many years, are they not the evidence of our approval, with regard to your work? You are no exception to the rule, my daughter. Human nature is like that; it needs to be reassured. Encouragements motivate its action and support its performances. The human being is greatly complex; the most refined among them – in terms of their perceptions and their analyses, however thorough they may be – cannot grasp its reality. Man's heart is a vast area, the secrets of which are not accessible to all his fellow men. We enter it through the spiritual work, which lays bare the biggest part of this space. We are working to that end, and this action results from the confidence being placed in us. We don't violate this reserved domain, where we read like an open book without the least accent escaping us. We are working not to judge, but to tune the sounds of a highly precious instrument, since it is the stronghold of a divine presence.

Wednesday, June 5, 2002 - 8:00 a.m. Can't you trust us quite simply, and wait and see the future outcome of this matter before being worried? Everything in life is based on confidence especially as far as spirituality is concerned. Events do not necessarily happen according to the wishes of a human being. In broad outline, it depends on his karma. This concept is not easily accepted in your societies where it is not recognised as a deep truth conveyed by religion. Never mind, it exists nevertheless, and our aspirants are aware of it. Man must submit to this requirement and accept it. Such is the Law. To rebel does not serve any purpose, apart from adding another negative element to the tendencies that already complicate his life. We will come back to surrender, a key element to a true spiritual process. What you deem good for you may not be so. You do not have the necessary hindsight to judge. Accepting the disappointments and the tests brings man to a great inner strength. He learns how to face up to things, knowing that this storm is momentary and that the main thing is safeguarded.

Sunday, January 21, 2001 - 10:00 AM Each life, in the broad outline, is planned in advance; nothing is left to chance as you call it, insofar as divine laws are very rigorous. Love is the most important aspect; it is the strongest vibration that allows a life to be illuminated. It alone can provide the soul with its food. It opens the most tightly closed doors and transforms all that it comes into contact with. We cannot stop talking about love. It is life; it gives more beautiful light to faith, to divine worship, whatever the form it can be given by man. When he has gone a sufficiently long way in that direction, the true mystic is beyond religious contingencies. He cultivates in himself this so rare flower—so sublime—that he gets carried away by its scent and nothing else matters to him. Even if until the end of his life, it gives his devotion a dogmatic external form, he has managed to find in himself the door to heaven, as humans call it. The purity and fervour of his love align him directly on the luminous way, which leads to the Ultimate.

Thursday, June 6, 2002 - 10:00 a.m. Dismiss self-doubt; it distorts your judgement. Let time do its work; everything is subjected to it here below. You should always look beyond appearances, for they are deceptive. Be in a state of faith and surrender, no matter what happens. Our advice is always the same; you are only too well aware of that. Go beyond the event and look towards the future; see it full of hope and taking the expected shape. Plunge within yourself, and regain your composure; serenity is the best guide. Each day of your existence on Earth gives you reason to fight and hope. You have understood the principles governing it in broad outline. Things will be clearer to you during the great assessment that will mark the end of your life in the current context. It will continue elsewhere; you know it and you will then benefit from all this teaching – which is what this life means to you. Regain joy in your heart; we ask you to do so. This moroseness is a hindrance to our contacts. Show us that love is the main thing for you, and don't let yourself be affected any more without true reason.

Monday, June 14, 1999 – 10:00 a.m.

You are all children of God, without distinction. Do not slow down your progress by continuing to have reactions of the type we have just mentioned. Get rid of all these stupid clichés about differences. A day will come when all people will consider themselves as complementary and part of a big family. This is not for tomorrow; let's dream of future times when harmony will reign on Earth. So, be tolerant and never think you are more important than you are. My son will leave happy; the wings of the air, like a dove, carry him where he can act for the good of people and for peace. He is doing very good work that cannot be evaluated in this material world. He has found a change in people's minds. It should be emphasized that in recent months he has given so much of himself to obtain this result; may it continue. We would like to see our work truly bear fruit for a greater number of abhyasis. Things are moving, minds are opening up and the determination to move forward has overtaken laxity, which is still all too prevalent. We cannot force you to move forward. We are very patient and understanding. Know this once and for all, whatever we may say. We want the best for you, that's all.

Saturday, April 5, 2003 - 10:00 AM

What else can be said about man, who despite his smallness lives in the most complete illusion, believing he is the biggest, the only one endowed with intelligence, not only on this planet, but in the entire universe? To him, there is no doubt as to his superiority; he devises plans and claims unambiguously that he knows, and that he is sure of what he puts forward! He sets up systems whose impacts are destroying this planet slowly but surely. How could this dangerous escalation be stopped? How could it be slowed down in this frantic race, which is leading the world towards an unprecedented tragedy? These remarks are not cheerful but they are the reflection of a sad truth, which so far man is not really aware of. The inevitable will take place. Nothing will prevent it, for the fundamental laws concerning the balance of the elements are being ridiculed since too a long time. How can those responsible for leading the world to its downfall be made to see reason? They only see profit and domination of the weakest ones with the help of an economic power defying the most elementary rules, instead of respecting the planet which carries them and which enables them to live. They will pay dearly for those excesses, and all men will undergo the consequences of their leaders' stupidity. The escalation is at its height. Only divine power will be able to stop it in its own way which will not be to men's liking.

Monday, April 7, 2003 - 10:00 AM

The word 'emergence' has a special meaning, which for the occasion can be written as a subtitle to the 'Reflections.' Each one of you may sense it differently, by looking at these messages from another perspective. Our way is getting into a development phase, the coming years will make it known and valued as appropriate. The world is changing, and it will keep on doing so in relation to the varied turbulence that will seriously shake it. Many human beings will take a new look at themselves, as they will be disconcerted by facts beyond their control, which they will helplessly undergo. In the future, true values should become meaningful to them. May this hope come true! Let us continue to work to this end and to bring to our brothers and sisters a desirable equilibrium in this disorientated world through their commitment and regular practice. Our way will help make sure that it opens up to the divine light by emerging little by little from the darkness in which it is stagnating, and opening out in another dimension. This century will foster its complete transformation. Will it succeed? The effort is worth it. The divine power will come out as appropriate. We necessarily work towards the liberation of willing-hearted men.

Tuesday, June 22, 1999 – 10:00 a.m.

Regain your strength, my dear child, you are completely exhausted. We like your courage and seeing how you are moving forward against all odds. There are limits to everything. We see how much these treatments are unsettling you and we repeat: 'above all, do not feel guilty.' Your associates have quite enough to read and reread. Think of better days, full to the brim with light and joy. M: That can be only in your company, Babuji! Not necessarily – always hope, thus you will show your faith in us.

Friday, March 28, 2003 - 10:00 AM

When will man understand that only love can save the world? This word is so often overused, distorted or half-heartedly used, even in a spiritual way like ours. This concept is misunderstood and abstract; it cannot be proved by a rational explanation. Only a completely open and receptive heart can feel its benefits. A true spiritual process necessarily leads to it and intensely puts it into practice. It is the only food that the soul enjoys. It must be sought and maintained carefully. It is the supreme refuge. God being love, it is inseparable from faith, and without it faith cannot really blossom. We can never extol it enough; in these troubled times for the world, one can only note how desperately it is lacking in men. The great revelation will be hearts being conquered by its unique power, since it is the highest expression of the Divine. It is ignored, misunderstood, the hearts not being ready and willing to receive it. This conquest will take place. It will take time, but to God nothing is impossible. You who are open to its impacts, you who are longing to only be Love, surrender and compassion— cultivate this power in yourself carefully. Let it grow and invest completely your heart. That is what we wish you, with our blessings.

Tuesday, April 1, 2003 - 10:00 AM

As you can see it today, for a very long time we have been referring to the tragedy which is currently taking place. It is the pretext for a surge of hatred of unprecedented violence and exacerbated racism. Two worlds are confronting one another and passions are far from fading out. We can only note the extent of the disaster and prepare tomorrow's world when men will no longer live in blindness, as it is the case today. Spirituality will have to appear to them in a way divested of superfluity and especially so as to not encourage them to fight against one another. The new era will not put up any more with these clan fights that are despicably human. Man's spiritual nature will have to actually emerge and stand up above the low instincts that are currently leading the world. A complete transformation will have to occur and produce a race divested of all that is currently weakening it. This world will see the blossoming of a divine force, which will reinvigorate it in all its aspects. Let's come back to the change already mentioned, which will affect all living species, among which man is the central element. We cannot go further for the moment because of the risk of misleading people. Today's man is locked up in all sorts of beliefs, which we cannot shake up, too quickly.

Saturday, March 22, 2003 - 10:00 AM Ignorance on Earth is extreme; it is maintained by beings who think they are highly intelligent. It is not easy to get ideas accepted, to admit facts that cannot be verified. Minds are not ready. They would need to be put in a state of shock in order to realize how much they are ignorant of the reality that surrounds them. They delude themselves and want to see and hear nothing that is not allowed in their culture. We cannot rush things and yet, that is God's will. Knowledge will end up imposing itself on the ground, even if it must go through very tough facts and events for its inhabitants. Our candidates are preparing spiritually for new times when all values will have to be reconsidered. An unprecedented change is brewing; it will affect the entire humanity and its entire species. For the world to survive, its history is to be re-examined completely. Men will therefore need some degree of adaptability and much courage, to set out again on new bases. They will need imagination and many qualities suited to their new way of life. All this is being prepared, but it is not for tomorrow. Live each day as a blessing and be thankful for being able to go through many and varied experiences, even if they all are not to your liking.

Saturday, July 3, 1999 - 10:00 a.m.

M: Babuji, please, do something for my brother-in-heart J, he does so much for me. Don't let him die, for pity's sake. Forgive me, I am foolish. I have let myself be carried away by my feelings.

B: Let his destiny be fulfilled. What is your understanding of dying? It is really you who are requesting this? Have faith and confidence, no matter what. You know that, 'The Earth is your ship and not your home'. Our journey on the Earth is initiatory; Once the work finished, we leave; that is how it goes. We do not remain to satisfy this or that request. Miracles exist, yes, it is true, but always with a specific, edifying and useful purpose, when they have to be worked for reasons belonging to God alone. My dear child, we will leave it at that. You need all your energy. Today is not a day like the others. Be joyful, spare yourself and, above all, do not let yourself be driven beyond what you can endure.

Tuesday, March 25, 2003 - 8:30 AM

Yes, it's true that the main thing is preserved on this Earth and survives the tragedies of this world. On the basis of this principle, all must be relatively short compared to eternity and to myriads of planets where life blossoms. On these planets, life takes forms and aspects that are varied but rich and even very much more advanced on some of them. These worlds show great diversity and related researches would leave man's curiosity breathless. The Earth is a transitory thoroughfare, a kind of test paving the way for a varied and enlightening exploration. The spiritually enlightened being leaving this Earth begins a long journey through which his soul will be able to open out and to strengthen itself. His asset will assure him many possibilities enabling him to progress towards the divine source. The quest does not end at this level; it will be just starting in an upper area where restless wanderings are out of place. There, everything is planned, precise and without possible error; the laws being very strict. When it is understood and accepted in all its subtlety, our way opens the doors to this universe where the soul can open out in all the splendour it acquired by divine grace. May our candidates really understand it and largely benefit from it, with all our blessings.

Tuesday, March 11, 2003 - 10:00 AM

Dreams can be premonitory and edifying, but in most cases, interpretations thereof are of doubtful validity, because of man's limitations, which we usually underline here. Better not venture too much into mazes, which no human being in his present state of evolution can really make out. Spiritual practice makes it possible to better know oneself and manage one's emotions. The psychological fragility which develops in your societies is due to a way of life not in line with man's equilibrium, as man is grappling with many sorts of— and very insidious—pollution. That imperceptibly modifies his behaviour and over this century the way he behaves will be completely shaken up. Spiritual elevation will be an invaluable recourse toward preserving his equilibrium. In your countries, the way of life is particularly destabilizing and worrying for the mental health of human beings. They cling on to so many misconceptions that they are completely lost. All structures of social life are to be reconsidered at the risk of generating a mad world. Only the spiritual will be able to save it and make it see reason again, i.e., adopt an ethics of healthier life and turn resolutely to true values.

Wed, April 19, 2000 - 8:00 a.m To break Earthly ties, once one's mission has been accomplished, and to rejoin one's Revered Master, is a joy without equal. It replaces moral and physical suffering, as well as exile. All these notions do not resist, for long, the happiness of rejoining Him who represents All. Thank you, my dear daughter, for taking part, as you are doing, in this commemorative day, which was for me one of the most beautiful, and the ultimate reward of this incarnation. This kind of relation lasts eternally. Master and disciple are bound together by ties so strong that they are indestructible. Everything I did was meant to please him and thus express my love to him. This love can be understood only if it is experienced in all its divine power. Seeing one's Master satisfied and happy for the work accomplished - is there anything more beautiful than that? Good meditation, I will come as agreed.

Sunday, December 26, 1999 - 10:00 a.m.

You should enjoy well these moments spent together. Thin bonds are being forged between you, consolidating what already exists. You are old acquaintances, hence the appeal of your relationship. Be happy, my child, to be surrounded like that. Help them all as much as you can. These bonds are indestructible and are consolidated by the same spiritual process, by strong identical vibrations and by the same aspirations. There are encounters whose importance is only seen with time. Make sure you appreciate well these meditations you are participating in together, your hearts vibrating in unison. All these feelings are subtle and feed you very deeply. Try to keep this condition like a very precious treasure. Gorge yourself with divine energy, let it become your basic food; vibrate, love and thank tirelessly. We are with you and we bless you very specially on this day.

Wednesday, May 21, 2003 - 10:00 AM

In the very heart of silence, there is beauty, that which cannot disappoint you beyond your daily qualms. It exists unadulterated. Being of divine nature, nothing can alter it. Draw from this incomparable source; let your heart drink from it and get stronger, to better face this life, which weighs heavily on you. Keep your spirits up; you have this resource that many do not have. They are searching in vain in this world for what they cannot find therein. Only God can quench their thirst, but they don't know it or fail to make the necessary effort to meet Him. In the heart of silence there is peace, which is communicated to the soul, adorned with divine graces, exhorting it to love: this kind of love dedicated to the supreme Master who invests his chosen sons to let them act in His divine name. In the heart of silence, there is life, the divine life, that which does not appear in this world. The most important thing is not visible to men's eyes; it strongly appeals to hearts that are ready to listen. This life carries the heart far from the troubles that prevail here below, generating only dissatisfaction and giving rise to hatred. Man hopelessly seeks elsewhere for that which is eternally within him. He gets breathless in struggles where he gets lost, since he does not know his own real nature. Ignoring his only wealth is an unquestionable handicap. Man's heart is so poor when he has not found the favourable outcome capable of embellishing his life. We extend our blessings to all our brothers. May they reach their goal.

Wednesday, April 14, 1999 - 8:00 a.m

Redemption is not due to one man only. It is a group of very special personalities that contribute to the cleaning of humanity. This word, used by the Christians, is not properly defined. Christ is not the only Son of God. All the great beings who have marked the history of the world have taken, and still take, an active part in this work. They will all participate in it, until the end of time. When the Earth has reached its golden age, other rules will be established for it. They will have achieved their mission as far as it is concerned. Each religion always claimed to be the only one to hold 'The truth'. The cause of this is human ignorance. Some people, the most skilful, appropriate the teachings of the Masters while distorting them; others accept them in all good faith. Redemption, to continue calling it by this name, will come about. You, yourselves, participate in it modestly by doing your personal work. In advancing, you pull others along; an effect of osmosis is created. The same applies to evil, which is so widespread in this world and which produces the same effects. There will come a moment when the scales will tip towards the right side and the process will accelerate. This is one of the laws of the universe that will manifest in due course. We will revert to these subjects that may seem obscure to you. Religious teachings are deeply rooted in you. You all need time to assimilate this way of seeing. The evolution of the Earth continues inexorably; it, too, will reach the goal.

Wednesday, July 14, 1999 - 8:00 a.m. Nothing we can say will change the course of events. Human beings have gone too far in their excessiveness. They will have to pay for their excesses, their self-importance, their lack of respect for the Earth and for their fellow creatures. It is sad, what a disgrace - they have gone mad by playing the sorcerer's apprentice. They believe they are the masters of the world; all these horrors they have created will fall on their heads. Innocent people will pay for their negligence. Human beings believe they have mastered the atom; it is the atom that will do so by destroying what humans have built. The situation has reached its paroxysm. Cries of alarm have been raised for years and have not been heard. It is difficult to extinguish a huge fire without suitable means. Ultimately, God will decide what to do or not do. The situation is more than alarming. If not to pray, what can you do at your level? See the human stupidity guided by a monstrous ego. This escalation in foolishness will stop by force of circumstance. Your decadent festivals that celebrate organized murders are quite useless. Become aware of the disastrous situation in the offing; in the more-or- less long term, the organizers of all these monstrosities will pay for having dared, deliberately, to endanger the future of the planet.

Sunday, October 30, 2016 – 10:00 a.m. Each day is unique – it offers the opportunity to move forward towards the best, the good, that which delights the soul and helps it to progress, to rise towards the higher planes, where the best can be accomplished. The being, in its original purity, aspires only to that, this ultimate fusion with the divine power. It takes time to understand it, to truly realise it and to act upon it, so that the entire being becomes calm and detaches itself from the unnecessary. Many lifetimes are needed, each one bringing what is appropriate to build oneself up in the direction of the good. The greatest ones have made such journeys, more or less long and necessary. Life in all – all – its aspects is to be considered here. Karma is not a trivial matter; perfection in its pure state is the fruit of thought and not the reflection of reality – it is built according to plans devised long ago. All this remains mysterious for humans. No one can appropriate the truth, the Ultimate truth, that which surfaces within consciousness, within the superior being. May each of our abhyasis progress towards this knowledge; we help them in the best way possible. Special blessings.

Monday, April 26, 1999 – 8:00 a.m. Go beyond human squabbles, my daughter. All egotistic reactions are inevitable. Have you ever seen a group where harmony prevails? What about blood families? It would be utopian to expect a discord free [group]. This will never change; humans are like that. You know well that no secret should be shared if you don't wish any leakage. Sooner or later, people's tongues are loosened. This is why you have to be very vigilant about our contacts. Didn't you know that Lorrain could blab? Men also are like that; this is not peculiar to women. The ones to blame most as regards the messages are men. Are you surprised? In this, as in other areas, there are no superiors.

Saturday, August 4, 2012 – 10:00 a.m

Days are passing by and events are unfolding. These are sometimes surprising when they bring about changes to pre-established plans. With respect to spirituality, the divine ways prevail, more so than in any other area. Our Mission, whatever may happen in various contexts, will carry on with the support of higher powers. Our faithful candidates will be able to follow the star, that which will definitely leave its mark on their Earthly journey. Blessed are those who understand the importance of such a journey; they are saving valuable time. So many deviations are possible that are likely to mislead humans, whose useless efforts take them away from the goal. We do not mean in any way to be lecturing. Since we can see the evidence, we are trying to warn our abhyasis and enlighten them, if necessary. Life is not easy on this Earth, where no one is spared. Each person carries on their way – under what conditions? Nothing is simple and easy to understand, especially when striking events punctuate the course of days. Taking refuge inside oneself in the face of ordeals is a commendable recourse. Following a spiritual path helps humans to better manage their karma, the vagaries of which are often disconcerting to them. May all beings understand, as was once said by a wise man: 'Only spirituality can save the world.' Blessings to all.

Thursday, April 15, 1999 – 8:00 a.m.

Love, it is like a cry towards the Creator, the bond connecting Him to his creature. Love is His food, the substance which He imbibes. All the rest is but a material vibration. Understand that it is the key that opens doors, a luminous vibration making the least of your cells sparkle. This is what attracts Him and what he expects from you all. Love, love – that is my recommendation! Link yourselves to this magnificent chain and vibrate in unison. Let yourselves be carried away on the wings of the Divine. When you taste these moments of intense joy, you forget the realities of life and all your human miseries. The alchemist who seeks to transform metal into gold goes astray in a futile process. The real gold is inside. One may not know it, but unconsciously one aspires to this discovery. You who have already understood where the treasure lies, continue your search unremittingly. One day, you will see the wonder dawn: a thousand gold points of light will dance on your heart and your inner joy will be boundless. Be joyful, like children in search of a treasure. When you find it, you will remain speechless in front of so much beauty. Be active, never lose heart; it is the only search worthy of the wise. Don't dwell on the form, my child. I have already told you, only the spirit matters in our literature. Love the repetition of words, it is necessary. (Laughs) So it is!

Saturday, April 13, 2002 - 8:00 a.m.

Yes, I used to come towards you frequently for quite a while, in answer to the wish of your revered guide. We had mixed and had great esteem for one another, the Master and the student having harmonised with one another. This episode was of great benefit to you, since you benefit now from the work we have done together. It is not easy for humans to assess this kind of performance. There is no degree ceremony, nor congratulations – what purpose would they serve? Only the result and the progress made by the disciple matters. Steadfastness, surrender and confidence are essential. They build him an edifice that will exist on beyond this lifetime. A way like yours is promising. It benefits from higher protections, and its light will keep growing in the future, bringing comfort and knowledge to valorous hearts. It gives you all the elements to do the best work. The revelations are inside you; they let themselves be revealed as you rise. They can emerge in you only under these conditions. They don't happen the other way, where they would not strike a chord as desired. Everything comes at the right moment. You will be enlightened at the right time when your heart has acquired its letters patent of nobility. Make sure you can read between the lines, and discover by yourself what is suggested to you. Everything will become clearer in you one fine day when you don't expect it any more, because then, you will become as one with it. (V)

Wednesday, February 28, 2001 - 9.00am

In a quarter of a century, the Earth will experience a major turbulence, That will be the beginning of a cycle which earthmen will find very difficult to go through. Fire will literally beat down on certain parts of the world whereas torrents of rain will put over others. Cataclysms will follow one another for many long years, keeping men frightened. Many will turn towards a supreme God beseeching his forgiveness. Forgiveness for more and more aberrant behaviours, as well as for the maltreatment imposed on their nourishing mother, the Earth. The failure to respect the elements will lead to effects generating terror among the population of the end of the century. In future ages , the present layout of the continents will be shattered. Maps will need revising. Yet the creatures inhabiting this planet will have more than enough do in order to survive rather than dealing with those details. Atom will turn against mankind, who will not have been able to harness it and its lightening power will be devastating. The time for punishment for such a conceit will take place as hard as it can and man, paying for his ancestors' glaring mistakes, will suffer without having any control over the situation. The transformation of this planet must go through all these cataclysms in order to be effectively completed.

Fri, Dec 21, 2001 - 10:00 a.m.

My child, plunge into yourself to unite with the Sublime Presence. Merge into it, let it subjugate you and take possession of your dazzled heart. In these moments, the soul exults; it bathes in the ineffable source with rapture. Yes, there exist such moments when the soul is blessed. They are transient, but for eternity's sake, they are recorded on the register of time. Keep this quiet force throughout the day; let it suffuse inside you and glorify the Almighty. He can turn towards His creatures, when their call is strong. Never stop singing His praises; by bestowing His trust on you, He has cast His attention on you and marked your forehead with the divine seal. Love Him with all your soul, He who is so great and whose heart contains the universe. His breath activates the created worlds. He makes them breathe and live according to His laws that are beyond our perceptions, however broad and sacred they may be. My daughter, be thankful. Never forget that He looks at you and your love touches Him infinitely, He whose children are His only joys. Relish this grace, you will remember it

Wednesday, February 20, 2002 - 8:00 a.m. My dear daughter, we understand your current difficulties which affect this work; we help you as much as possible. Our assistance to you all cannot be easily measured. It is enough for you to believe in us, and to know that you are not advancing alone on the way of life. Spirituality is a precious help; it informs you of the realities of an incarnation and allows you to understand why it is fraught with tests. The only means of escaping these initiatory cycles is to work for your evolution, to reach higher levels. You can accelerate the movement by practising seriously. You have chosen a way that enables you to do very beneficial work to that end, with the support of your Masters; therefore, you should not waste time.

Saturday, August 30, 2003 - 10.00am We have already made enough predictions about this poor planet. What it has been undergoing since such a long time is unprecedented in its history. It is not the only one to undergo these sufferings. As humans live in symbiosis with it, they necessarily suffer the related unpleasing repercussions, without being able to actually identify them. Humanity is doing very badly and this evil is growing. It often seems to lose its mind and in the present state of affairs, we can only note this dangerous evolution. In spite of that, many of souls are waking up and searing their way, but lost in front of the profusion of all that is offered to them: many contradictory currents, different approaches to the issue, among which one has to make a choice and to adjust himself according to his own aspirations. Sahaj Marg is one of the options. It is somewhat different from all that currently exists; this is how our aspirants feel it. By practicing with perseverance they necessarily get confirmation of that initial feeling. There are families of souls; they can be recognised within families, which they belong to. When time has come for them to go to the main thing, the researcher is guided to this end. He then understands that the moment has come for him to engage in a new phase of his evolution. He has no more time to lose. Humanity is getting into a new era where everything is at stake for it; will it be able to be convinced of it and to act accordingly, we are all of us working to this end. May the period of enlightenment be established here below.

Friday, March 9, 2001 - 8.00am. The current communication technology is still in its infancy. It has a long way to go to reach the efficient stage of being an interplanetary relay station. It must improve its subtlety and put no more restrictive barriers on the grounds that only the Earth would be inhabited. As we have already said, its level of evolution is at an early stage. Men have a high opinion of themselves. Scientists believe they are the only ones to possess the truth, whereas they still are at the level of kindergarten - no more no less. The planets that they assume not to be inhabited have forms of life far different from their own, and the few lights from which they benefit from, come from a beyond they cannot even imagine. Will it finally be necessary for a large number of those beings to come to Earth during trying and hopeless times for the inhabitants, and get them out of a tragic situation, so that in the end they became aware of their limitations? They will then have to align themselves with advanced knowledge and to reconsider all that they thought they had acquired. They will have to start all over again on sound bases, enlightened by this highly developed race which, in spite of that won't easily impose their views. Absolute necessity will have the force of law. Men, for their survival, will have to abide by it.

Tuesday, July 6, 1999 - 8:00 a.m. (At 10 a.m.: meditation with M[not the medium].)

The Medium: Babuji, make it possible for me to serve you correctly. B: You are doing it; this activity, to a certain extent, has nothing to do with what your body is going through. Don't be sad, my dear daughter, to see them leave. They are going towards their destiny. They will manage to be active in the right sense of the word, not get lost in trivialities, and will devote themselves to what is important. They know very well how to make the distinction, they have enough good sense for that. We use the possibilities of each individual for the good of the Mission and the good of all. We are born not only with a programme to follow, but also with qualities that are useful for its realisation. We all have a specific role to play, from the dictator to the homeless one; society is arranged in this way. In the Mission, there is necessarily an organizational structure, with a distribution of tasks to be carried out, either in the material or the spiritual domain, these being the keystone of the edifice. Activity on both planes is important: cooks, accountants, preceptors, secretaries and other functions contribute to the harmonious whole of a seminar and the life of this society in general. We have already mentioned an ant hill, what could be more beautiful than this organization that works wonderfully, each one having its place and a definite function as important as that of the neighbour! Following their example, be highly evolved and brilliant ants. The creator of all things, is he not brilliant too?

Sunday, July 5, 1998 – 10:00 a.m. M: Babuji, please, give me a message.

B: Later; meditate. (At the end of the meditation, I call Lalaji and Babuji.)

M: Please, I beg of you, let me out of my cage!

L: Blessed be this cage where you are preparing your heaven; see it like that. We regret that you are not in good enough health to do what we hoped you would do in the ashram, but 'you are doing something', we have told you this enough. Be strong, accept your destiny, each one has their own; it is a divine gift that must be appreciated. One must always be thankful, as you know, for what one has, and in this regard you really have nothing to complain about. You have our love, you are under 'our protection'. Continue to try to meditate more, it is your weak point. Blessings from your beloved and from me. Lalaji

M: Babuji?

B: Ah no, don't start again, your doubts are tedious; well, we still prefer that? to overconfidence. Are you happy with our answer to your request? [About the cage.] Parthasarathi is also amused by your doubts, he follows you more than you think. As he told you, you have a strong soul-connection. That's enough for today.

Saturday, May 22, 1999 – 8:00 a.m M: Being condemned to live as a recluse is one thing, Babuji. It is another to not be able to capture you anymore because of all these medicines I am afraid of. I would be very unhappy. Be serene about that; we have a good channel in hand, we are not going to give it up. Keep faith in us. Your life, like that of your fellow human beings, is like a movie, where scenes are created, one image connected to the next so that the film comes together from end to end. Different sequences follow one another to form a coherent whole, in line with what was planned by the director. The last part of this film is important for you; you must play it close. You are not a medium by chance. The gifts bestowed on you have, for a long time, allowed you to help others. It is your way of existing and doing what you are doing in this moment, being our preferred scribe. Therefore, smile through your tears. Keep a cheerful heart like that of a child. You know that simplicity and purity of heart attract grace. Do not change, endure valiantly, we admire you. Never let anything put a dent in the best in you

Thursday, June 16, 2016 – 10:00 a.m.

Why should we stop these messages? You receive them with happiness, and they are still read after all these years by many of our dear abhyasis. This asset is precious for our Mission; the future will indeed confirm these comments. What is being done here is to be considered a blessing; the hierarchy of Masters approves it and totally supports this action for the good of all. The singularity of these writings underscores the value. They will take on more and more of it, in the sense that we understand it. Time will judge – this is how it is. The Sahaj Marg Mission is advancing, and it extends itself in the world; it responds to an expectation that corresponds to the present time, which is at the juncture of two worlds and in a state of total confusion, one might say. Humans are destabilised by harmful vibrations produced by what many of them consider to be progress. What price is paid for that; an easier life is appreciated, but the devastating effects would still have to be minimised. These words will be justified more and more by the reality of the facts – they will become obvious to all. The pervading negativity is formidable in more ways than one; it is up to each one to become aware of this and to protect themselves. We want the best for all our abhyasis, but we are still powerless in this domain. We are working in our own manner, for the good of this Mission. The best ever to all our brothers and sisters, under our blessings.

Monday, May 13, 2002 - 10:00 a.m

Man's great loneliness on this Earth makes him turn to the Immutable, the Divine which does not change. It is always present, whatever the life circumstances: in joy, tears, laughter and songs of thanksgiving or joy – quite simply. It always listens to a heart ready to pour out its feelings, to confide in it [the Divine] its sorrow or its love for the creature, or, in a privileged space, the love which it cultivates within itself for its Creator, and which it carries. This kind of dialogue is of a rare comfort. To love God is a godsend, an infinite grace that lets him have an inkling of the delights of an elsewhere even closer to Him. The soul is longing to be united with Him, who is all and in all, for good. When it is engaged in this spiral, an amazing force propels it towards the goal. Waiting in these moments, when shared love overwhelms the entire being, is sometimes painful. This kind of love is man's great treasure; it is unfailing, noble and of a rare quality. May all hearts live in this special and ultimately indescribable vibration!

Friday, October 29, 2004 - 10:00 AM

My child, we understand. You always did your level best to serve us, in spite of what you are enduring in your physical body. Your present need to slow down is justified. How could we not accept it? Our appreciation is different from that of humans; therefore don't worry on this point. There is a moment in one's life where everything becomes heavy; only the main things are preserved until the end. Humanity perpetuates, in spite of everything, a worship which is not void of spiritual richness. It counterbalances the grossness of the material world. This asset is immutable; divine forces maintain it, preserving it from all harmful effects. It exists like a flame in the night, illuminating those who are looking for their path, by guiding them through the storm. In this world, everything fluctuates constantly, and a simple and quiet life without problems does not exist. Sooner or later the tumult ends up disturbing the best-established situations. How can one cope with it without a serious reference mark? Each one can have one's own. Our aspirants find a support in the way they carry out their spiritual life, practice having cleared their way to a more abstract world, but full of many reference marks likely to strengthen the inner being. This enlightening process allows one to cut himself off more easily and then to put into perspective the vagaries of the material world. May they progress more and more on the way of wisdom!

Friday, May 21, 1999 – 10:00 a.m.

Beware of your own reasonings, even if you all think you are smart. Have the humility to see yourselves limited to a very small sphere. All the beautiful dissertations you can give on this or that aspect of life are questionable. Don't have too many illusions about your own person. We watch you as parents do with their children, and your simplistic little theories make us laugh, even if you believe you have discovered the alpha and omega. It is good to analyze, to reflect on all that surrounds you, especially on what you do not understand. But don't have final opinions and don't believe you hold the truth. You would be greatly mistaken. Meditate well on all that and, above all, remain simple.

Saturday, July 10, 1999 – 10:00 a.m

Surrender to the Divine, my child, you are not at the end of your troubles. There are moments of peace and serenity on Earth, but it is by no means an idyllic place where you all can live tranquilly. Life is like a sky changing in its colours, its turbulences; such moments need to be lived with patience and resignation. Inevitably the sun will reappear. To divert your thoughts from the problems affecting you all, turn them to all these countries where dreadful things are happening, which are not necessarily reported to you. Some countries in the world are a living hell. Your women friends have been feeling a little forgotten for some time. They make their way forward nicely, that is not new, but you can reassure them – they are advancing cheerfully. My dear daughter, this day at the ashram, we know, makes you happy, even if it is not significant in the number of abhyasis. Unite with the work being done; it is a good initiative to be repeated, it has our full attention. Gatherings increase the energies tenfold, energies that radiate and benefit all. Spend this day in the best possible way. May the special union existing among you who have access to the messages persist and continue to mutually enrich you.

Wednesday, September 29, 2004 - 10:00

AM Darkness and light are Earthly concepts. They help humans to find their bearings, but they do not exist in the world of the spirit. Man likes to refer to them; he attaches to them a profound meaning in this incarnation, not going beyond these limits. All that characterizes this planet, the life which is expressed there, solely belongs to it. Only what is built by the inner being remains an intrinsic value, not subjected to the laws and references of men. The representation of the material world is vibratory. Prone to fluctuations, it will vanish with time, when its cycle has been accomplished. All is transient here below; this reality is not easily admitted and yet, this planet is to some extent experimental, being subjected to many tests, on various aspects. These remarks may shock, but this is how it is. Saying it differently would not change the fact. Current humanity believes it is superior; it is a breeding ground quite surprising in many respects. Humility is to be developed in priority; a time will come when all will be said and finally understood, bringing back true values to their place. The crisis point is reached: this civilization is going too far in many respects. May our brothers admit it and conform to a more rigorous way of life while progressing in their personal and spiritual development. All excesses come to an end; it is in the nature of things.

Saturday, April 24, 1999 - 10:00 a.m.

Get out of your worries, rise up, and come to join us. See how it's all beautiful. Rest for one moment by my side. You must remain an example of courage and faith. Do not be affected by the fact that you are misunderstood, that does not matter. We, we do cherish you; you should hold firm, my child. You are our preferred scribe, you know it. I hope you have no doubt about it. You are really a case: so many gifts and yet so little self-assurance, you intrigue us. That is part and parcel of your personality, and we will not change it. Resume the processing of these messages; do not delay things too much. We appreciate the goodwill of all the team as concerns the work done. Convey my thanks and blessings to them. 'If you do not become like little children, you will never enter the kingdom of heaven.' (Gospel, Matthew 18:3) You should revert to the simplicity of childhood, the impulses of the heart. Do not fear to express your love, in whatever form possible. Drop your middle-class education criteria: this intellectualism which limits you constantly and hinders your progress.

Saturday, September 11, 2004 - 10:00 AM

Important climatic changes will generate unprecedented transformations in the history of this planet. Humanity is living dangerously, without taking account of the warnings being given to it. A real awareness would be necessary there too, but men are caught in frantic consumption behaviours and ignore any warning on this issue. Everything in the current civilization is contributing to its loss. The cries of alarm of the experts not having been heard while there was time, the unavoidable will occur. Respect for nature and life in all its forms is a concept ignored by man since too long a time. He will have to undergo the relevant consequences. The divine laws are inflexible: they operate on their own, there too. Our goal is not to make humans see reason in this matter; they are not ready to change their habits. Only absolute necessity will do it, in a not very rejoicing context which all will suffer from. Our action lies elsewhere — the spiritual life of the beings is not restricted to an incarnation in this world. Guiding them through this one is our priority; on this it is not too late to act. The prospects for success are encouraging. Our way is like a river making its own bed and refreshing the banks; it will go on widening thanks to a ceaseless provision of water. A soul makes light of the matter, it has its own life; no seismic upheaval can affect it. Its refuge, the creative divine energy, gives it its real identity, its letters of nobility. We are working to that end: to lead souls to the quintessence, to the immersion in the ineffable splendour, to the heart of Divinity.

Monday, December 13, 1999 - 10:00 a.m.

Let your heart go completely. Let it 'burst'; do not offer resistance to our work any more. You are going through a delicate period. We must surround you like a baby. Can you imagine that a little? Observe well all the states you are going through. We do not have to explain, it is up to you to feel and to draw the necessary conclusions. We know that you are not cudgelling your brains in trying to absolutely understand; it is well like that. To be is enough for you; you are advancing with a kind of detachment that is the sign of the state of surrender we ask you to reach. Reaching that stage is a grace. Your body must act to put up with its material life, and your spirit can sail towards other shores. My dear daughter, there are henceforth two distinct beings in you. Manage this situation as best you can. The love which carries you will help you to keep up the right balance. We guide your steps on this luminous way where only your heart is surrendered. You should have the utmost confidence with respect to all that. You should attend to the problems of everyday life, this material side which bothers you incredibly, as you cannot do otherwise. Nothing is perfect in this world.

Friday, June 18, 1999 - 8:00 a.m. Never trust the comments of anyone concerning my son and his health condition, or whether he is sad or happy. Happy or not, that has no bearing on the effectiveness of his work. He is active twenty-four hours a day. Don't constantly dwell on appearances. This or that is said; some of you create screenplays worthy of Hollywood. His action goes beyond human perceptions. He does not always get the expected results, and not as quickly as he would like, but he can recognize the efforts of all abhyasis. Often, he must react and rectify the way some people act, for the good of all; otherwise where would the Mission go, if he spent his time only praising and blessing you. He wants nothing but good for all of you and he must act the way he does. As was said in a previous message: he is satisfied with the results obtained in Europe, particularly over the last months. Every- one is moving; the flowering looks promising. Your Master gives so much of himself, beyond your imagination. It is normal that he goes through moments of tiredness and disillusion; certain beings are so disappointing. In spite of everything, he moves on and does his work, which is gigantic. He acts for the entirety of those who are sincere and active and who follow him with love. Always see only the positive sides of all the members, and of the overall result of his action. In spite of the inevitable weaknesses of some people, he follows you all with love. Never let yourselves be destabilized by comments concerning my son's moods. They are perhaps only the reflection of those who spread them.

Monday, May 3, 1999 - 10:00 a.m.

M: Babuji, I have the impression that there is no longer one bit of my heart that is not you. B: It is in the order of things; that is the point we wanted to reach. This result cannot be obtained in a day. You can see that being welded' to the Master is not so unpleasant. M: It's been a long time, as far as I am concerned, that I am not surprised by anything. B: And yet, you will have more surprises ahead. One should never claim certainty of anything. You advance, you humans, with a blindfold over your eyes. You believe you know and understand, but you are nowhere near that. As you can see, your questions are not useless. Don't you want to have this dialogue with me anymore? Yet you let me have the easy job! M: Babuji, you know that these contacts with you feed me. B: You realize by the reactions of your circle that others also feed on these messages. So, let your heart express what it feels. All will be easier in our contacts. Stop thinking of other people's reactions. That way, things will be clearer between us, we will be able to make a fresh and more intimate start.

Friday, May 28, 1999 - 10:00 a.m. We try to determine each aspect of your personalities in order to make you become aware of your weak points. By identifying them you can seriously get down to eliminating them. All this personal work will save you time and take you through short cuts. You must clear your way and see ahead a beautiful, open, luminous path, which you will be able to follow with hearts full of joy. Think of your brothers who advance less easily than you, because they carry a burden which delays them. Help them without ever preaching to them. On no account is it up to you to do it. Be tolerant, understanding and fraternal, as you would like others to be with you. You are not at the end of the road and you are not safe from stumbling. Be vigilant and strong. Never forget that we follow you and that we see your efforts. We bless you in your undertakings.

Thursday, October 28, 2004 - 10:00 AM

Man is permanently confronted with choices which often result in errors. They sometimes happen to be beneficial in the sense that they allow a reappraisal and a new orientation of one's life. Nobody's life is simple; in the broad outline, all human beings go through the same ordeals at one time or another in their progress. Great spiritual beings are not spared either, for other reasons. Laws prevailing in this world are rigorous in this respect, hence life's difficulties. As compassion and solicitude towards one's fellow creature are neither spontaneous nor the order of the day for the majority of humans, a specific karmic climate is maintained whose effects are persistent. We can only deplore these constantly renewed cycles where the same errors occur, without man really learning from them. May a time come when the cries of suffering will no longer rise from a world in distress having reached unacceptable limits! Everything must change by going through a thoroughly programmed evolution with the assistance of all those who actually would want to make the necessary effort to go ahead. May all our brothers be seriously committed in their practice and take that opportunity given to them to be fulfilled spiritually in view of specific objectives. All are supported and strengthened to that end; it is up to them to benefit from what is offered to them.

Wednesday, May 19, 1999 - 8:00 a.m

Yes, thus are your incarnations on the Earth. You perform in some stage play. An actor manages to perfect his talent as he performs it from play to play. Likewise, from life to life you learn and you refine yourselves. All that you consider as being important here below is important in a very relative way. Try to persuade yourself of it. You will suffer less from all the events that disturb the course of your life; they are necessary for your evolution. You are, in turn, the characters of either a comedy or a tragedy. You play either a good or bad role; you are the good one or the bad one. When the play is over, it remains as nothing else but a memory in people's minds and yours. Is this so important? Is the main part in yourself weakened by the play of your character? That was only an additional experience. The same applies for each one of your lives. Therefore, you should keep reading from that perspective when you experience tragic situations. If you become well imbued with this way of seeing things, these situations will be more bearable for you. Once this incarnation is complete, you will see it as it really is: a new initiatory stage, by and large successful, according to the degree of wisdom you will have attained. You will have experienced it only for that: to grow and to forge further and further ahead in your search.

Tuesday, October 12, 1999 - 8:00 a.m.

Yes, we can carry on with this issue: Love. We have not run out of arguments, but they are insufficient. Love cannot be explained. It must be lived, felt, and transcended. It is at the same time the giving of self and the capacity to receive. One should meditate on this formula. Self-giving - total, unreserved giving - and the unlimited capacity to receive. Both must balance out and really be experienced. It is true that not everyone is blessed with it. Speaking about it is important, and being sensitized on this aspect is too. We address the issue in the Mission by trying to get to the bottom of things; that is new and was not done a few years ago, especially in the Occident. Hearts are opening, imperceptibly the work is being done. Imagine that one day, you all will be nothing but Love; it would be a kind of Eden. It will take a long process to get there, but speaking about its reality and its importance constitutes quite an event. A great step is taken. It is well to organize seminars on this topic. That opens consciousness; all arguments evoked make their way into minds and cannot help but touch them. One day or another, the greatest number will open up to this truth. In a sense, Love is a more powerful force than the atom: it can transform the world, revive it and make it radiant. It's up to you all to really want it and to work in your hearts so that it becomes reality.

Thursday, June 27, 2002 - 8:00 a.m.

Don't be melancholy, will you? Your children-in-heart will do good work on the African land. They will be granted vast opportunities, in particular with regard to spiritual work; we will help them in that. Many hearts are ready to engage in our way; they will be able to grant them the desired assistance. Their experience on the two continents has prepared them to effectively serve the Mission in this area of the world and to help their brothers. The African people are suffering on all levels from undernourishment, from lack of sanitary means, as well as from the superiority complex of the white race towards them – resulting in well-known incomprehension. The exploitation of natural resources by other people completely neglects the human aspect and the huge problems of these countries, which are ignored by great powers who are said to be rich. Injustice reigns in this world – it is nothing new. May the time come soon for men living on Earth to enjoy equity, tolerance and comprehension between peoples! Let us work together towards that.

Friday, December 9, 2016 – 10:00 a.m.

This 2015 message* from our dear great Parthasarathi is indeed important. It specifies the uniqueness of this place where thousands of messages have been written under our inspiration, for the good of the whole Mission and of so many hearts that are so very receptive to our words. This fact is not insignificant – it will mark the history of Sahaj Marg, having otherwise many positive aspects, the importance of which will be revealed over time. The Mission as a whole is evolving and adapting to the current reality in order to benefit the greatest number. Our faithful abhyasis are particularly watched over. Helped according to their inner call are the newcomers. All are progressing in their own manner; we cannot force anything, and yet we can see beautiful souls advancing in a remarkable state of delight. This acquired asset is oh so precious; it takes shape from life to life and is a sure value by virtue of its uniqueness. All the Great Beings of the past, having themselves initiated very important spiritual paths, appreciate and highlight the very positive effects of Sahaj Marg. All of us here come together and support one another in our respective actions – this, for the greatest number of human beings who are suffering for multiple reasons inherent in the material world. Blessings to all our brothers and sisters. Babuji *Personal message from Parthasarathi, dated Tuesday, June 23, 2015

Friday, July 2, 1999 – 8:00 a.m.

Two beautiful souls are on their way towards you. They will have much to move to fulfill their double mission, spiritual and humanitarian. They will succeed, we see them at work in their current life; they are not without strength. This second collection is finished and its contents must enlighten you all and suffuse you for a certain time in order to expand your souls. Such things can be said only to a restricted number of you, those nourished by the previous messages. Even what seems insignificant to you has its resonance within you. If you keep them as a precious good, a blessing, over the years this spiritual food will imbue very profoundly each fibre of your being. What you do not accept today, you will understand tomorrow. Consider yourselves to be privileged, benefiting from a teaching of this kind, thanks to these special contacts; they are nowhere near being accepted by all. By detaching yourselves from the useless, the superfluous, by turning away from the harshness of certain images, from increasingly loud sounds in terms of decibels, your perceptions will be refined – without being a medium, you will perceive us better. Without forgetting the essential thing: an assiduous practice and a heart totally open to Love.

Saturday, April 1, 2000 – 8:30 a.m.V: Your being is nourished by love; in this respect you are already part of our world. Let yourself be carried away by this magical flow; nothing can match this sensation. Yes, it's me, your new mentor, we can't all come. For the time being, we must confine ourselves to our work and not abuse your strength. Our brother Rama-krishna, whom you love, is an exemplary figure. He too has suffered a lot and had experiences that left him in doubt. It was the strength of his love that enabled him to overcome it and accept all his physical and moral torments. His experiences, very hard to live through, were the measure of his strength. Nothing is asked of a being that it cannot bear, don't forget that. Grace accompanies such a journey. Souls like his illuminate the Earth that bears them. The example of his life reminds you of how many ways the Almighty has to shape the souls devoted to Him.

Saturday, March 27, 1999 – 8:00 a.m.

Come and drink the divine nectar; is it not the most beautiful thing a human can do, to drink deeply at this pure chalice? You aspire to close this collection with a lofty thought; so let us flee for a moment the tragedies of the Earth and elevate ourselves towards the Immutable. This is your true goal here below. Never lose sight of it. The only acquisition you will take away is your spiritual attainment. Let your heart go free, my daughter, do not torture your mind, thinking what others will say while reading you; forget all that. None of it matters; do you know that at one time some considered me a simpleton? Rise above it all, elevate yourself above human baseness. Remember this: 'attract us and we come running.' Bring your friends in your wake and run together. Why do you always put up barriers for yourself, such as: I cannot say or write this? Stop reacting like this. Write what we ask you to write. You are not a preceptor. You are a case apart in Sahaj Marg. Do not be bound by conventional ideas. Be reassured, you have my support; play your role, that's all we ask of you. Spend this day in the peace of the soul.

Saturday, December 11, 1999 - 10:00 a.m.

Yes, my daughter, plunge into yourself with delight, words will come later. It is not easy to write in this state; let your hand do its work and let your heart be delighted. This situation I am well placed to understand, since I experienced it far before you. M: "I am only a small nothing laid on your heart and I benefit from your divine vibrations. Thank you, my Beloved; thank you for all." This 'small nothing' is earning, gradually, its acclaim and does not want to realise it. You are right, it is not important to know. Not knowing any more is utmost surrender. Live these moments intensely, they are precious, unique and are never repeated in the same way. To reach the state of no-knowledge, of no-feeling, is sublime, ecstatic and indescribable. You all must manage to reach it; you know the process that can lead you to it. It is the best objective that you can have. With our blessings.

Wednesday, November 2, 2016 – 10:00 a.m.

Your heart has bathed in our energies for so long; you are the chosen and beloved medium of the entire Hierarchy of Masters, where your totally selfless action is appreciated so much. Do not be embarrassed; our dear great son Kamlesh also benefits from this communication where we help him in our own way. He is most precious to our hearts; trained by us for a long time, he has all the elements and potential for this path of Sahaj Marg to continue its trajectory, towards the summit of the heavens, through a complete action that is material and spiritual at the same time. Endowed is he with an active vision, which will be further refined according to the events to come. Our confidence in him is total, and we are all at his side as never before. The Mission is reaching such a point of impact today that it cannot be measured and appreciated at its true value; a time will come when it will be so, to our greatest joy. May all our brothers and sisters be motivated and support their Master with love and consideration for the work that is being done in the shadows yet in an effective and, above all, sustainable way. Everything is to be taken into account, everything has a *raison d'être*. May peace and love carry this Mission, more than ever.

Wednesday, September 14, 2016 – 10:00 a.m. Your heart calls out to us fervently and we respond to it. This is in the order of things, and yet a very special bond connects you to us, dearest daughter. We will not go any further so as not to embarrass you, but the facts are there. Nothing beautiful and great can happen outside of a particular setting. Sahaj Marg is in the line of important events that mark this world. It started small and then covered it very widely, and for a very long time. The divine laws operate at their discretion; human beings do not always understand the significance of the many actions these laws produce. Humans are so small in comparison to this power, they do not readily admit it, yet they must submit to its laws – they cannot do otherwise. A radical change will occur one day, the divine power will provide for it. So it is.

Thursday, November 26, 2015 - 10:00 a.m. You know the refuge - it is there, always offered to an ardent heart that never fails to call upon it. That very special inner presence lies there, immutable and sure. It is the greatest asset of the human being, who most often ignores it. Will we be able to convince all our brothers and sisters of the importance of this connection with the spiritual Master, the Divine that inspires him and all the forces that unite to support this great spiritual movement - one that is suited to the current era? It will have a significant place over time. It started modestly, to then gradually take on all the place needed for a very special action aimed at helping our aspirants during these very difficult times. Energies are disturbed, and this has repercussions on human beings, endangering an overall balance. Following a spiritual path, a regular practice, enables to some extent the restoration of what must be re-established. Humanity is suffering. Progress does not solve everything - it also has its drawbacks. Here, we are placed beyond the material plane, and each one's progress is of particular importance to us. This path has come into being for that purpose: to bring another aspect to spirituality, with simplicity and ease for all beings who aspire for the Divine. Such a demand exists and is not being met. Let us work unceasingly for the good of all, preparing a future that is more enticing in every respect. May all be enlightened and won over. Blessings.

Tuesday, April 2, 2002 - 10:00 a.m. These messages, as we have said and repeated, will help men, especially in the difficult times that humanity will have to experience in the future. Many calamities will fall down upon the Earth and they will necessarily have to be faced up to. In the initial stages, the instinct to survive will prevail. Thereafter, man will have to again rediscover an ancestral ingenuity, whereby he will be compelled to involve himself personally at all levels. Certain areas of the world will be particularly affected, which will cause important disturbances in this mechanised and excessively computerised society. Returning to the sources, the human being will again find forgotten practices that will compel him to show ingenuity. He will have to leave aside his existential problems, as he will be confronted with material difficulties relating to his everyday life, which he will not be able to escape. Being before himself, having lost his bearings - as he is so conditioned from dawn to sunset by modern life and the habits it has created in him - he will have to take a good look at himself and, more simply, to rethink his existence. May he, when these times come, receive the insight likely to help him.

Saturday, March 23, 2002 - 8:00 a.m. Be centred in the heart of silence, detached from worries and disturbing emotions. Cut yourself off from the turbulences of life; they are nothing but wind making the wheel of life spin round. The central axis of this wheel does not move; it remains in its point of gravity. Immutable is the higher being. What do the adventures of a momentary existence mean to him? The successive incarnations partake of this unstoppable cycle of evolution. Be detached more and more from the world. Do what you have to, in the best way possible, while letting yourself be guided by the heart; it is a sure friend. Emotions are bad counsellors. The voice of wisdom is inside you; it must prevail over them. Don't let yourself be enmeshed in the nets of illusion that characterise this world. Take refuge in this holy place; there, you find peace. Remain attached to this 'condition', unassailable and sovereign, which sadhana creates in you. My child, this speech you know, but it is good when need arises to point it out to you. You know where the only and true refuge is. Let yourself be won over by the Immutable calmness, and thank God for having brought you on to the sacred banks.

Mon, April 3, 2017 - 10:00 a.m. When the time comes for harmony on Earth, for peace between peoples, a unique system will be established, bringing this world to an unprecedented progress. What does not seem possible today will be so tomorrow. The higher powers go in the right direction and appropriately circumvent the difficulties inherent in many mistakes irreversibly made in the past. Significant changes will occur to facilitate the integration of the human being, in an unprecedented system of life. Every- thing is being put into place slowly, adapting as well as possible to what this world offers us; it is still very limited in its rise to the world of the Spirit which cannot easily open itself to the multitude, little prepared as yet for such an approach. The elements are put in place slowly, but in a very satisfactory way. Life of the future will reveal many surprises; humankind will have to adapt to unprecedented climatic changes, nonetheless conducive to an ultimate and brilliant transformation. All will be well, you can be sure of that. This is how it is.

Monday, February 18, 2002 - 8:00 a.m.

We will always have something to say to you; we are guided only by the aptitude of our medium for doing this work, and your interest in these messages. We take into account your reactions. The messages have always the same central point; by formulating our ideas differently, we manage to catch your attention. Some of our remarks resonate in you more particularly; they cause a spark and thus stress an aspect that escaped you. For us it is a different way of keeping up with our witnesses of the first hour. We thank you for the confidence you have placed in our medium. The way you surround her helps her in this work, which takes her energy and perseverance. This kind of service is far from being recognised as it should be. There are too many false judgements and too many misrepresentations, as in all the professions, even those well valued by society. Charlatans exist in all environments and do not hesitate to promote their interest over the good of their customers. We will not change mentalities very soon. Only good sense, in the matter that concerns us, will assert its rights. Why should our abhyasis be deprived indefinitely of this special teaching which would add to their process in our way? The future will decide, in a light our successors may wish to give them.

Saturday, March 19, 2016 - 10:00 a.m. A fervent and calling heart is always heard and receives accordingly. Long is the path, that of realisation, which can be attained in this world itself through a very special adjustment of subtle energies. It does take time to achieve it; reaching the goal is the culmination of this journey, so often mentioned here in this special process that prepares the seeker to fulfil this longing. Each incarnation brings an essential element to a person's evolution, as planned by this Ultimate Power whose greatness is beyond human assessment. The teachings of Sahaj Marg and the implementation of some basic concepts critical to a person's advancement provide for this. Nothing can be forced; only a profound call of the heart can be fulfilled and truly meet that very special yearning. Reaching the divine goal opens new perspectives upon the Infinite, challenging the astonished seeker who faces a higher power that can be sensed, though not actually grasped in all its subtlety – and even less so in its greatness. A human being feels so small before this power – how can one define it, let alone understand what it truly is, where it begins and where its action ends. It is normal for seekers who are truly committed to this quest for the Divine to go to the very limits of their own understanding. Then the main thing remains: surrender, love as advocated here, in its divine Reality. This very special energy opens the hearts and minds of our abhyasis. We can see their progress, an extraordinary advancement that cannot be defined in human terms. Real surrender to the Divine leads to apotheosis. So it is.

Wednesday, May 1, 2002 - 8:00 a.m.

M: "Babuji, a wave of purity and love has run across the Earth, propelled by your divine breath. My heart still feels it today." B: My daughter, your heart, as well those of our brothers faithful in their devotion, have received it with fervour. This divine grace will leave an imprint on them. Many have followed this Remembrance Day, a break for all and a means of consolidating bonds of friendship between our candidates. This aspect is not negligible; the Mission needs it to grow harmoniously. Don't forget that united we stand, divided we fall; if all men wanted to unite for the good, the world would change radically. This union, within a spiritual community, can propel it to the highest level. Make sure you pass over your differences, for they are only superficial. Your hearts are turned towards us; they have the same faith in the system that we propose to them, the same aspiration to be united with the Divine. Being in agreement on what is essential, why could they not overcome human reactions, [which are] of no importance? These gatherings unite hearts; they give them great strength. It remains for you to make choices, as in all circumstances of life. Here, we are in a special field, spiritual and sacred. May you go to the main thing, seeing only the divine greatness.

Tuesday, February 19, 2002 - 10:00 a.m. Yes, 'all is nothing and God is everything' is a nice definition that summarises well the way a mystic can see life, and it corresponds to the one you have had for a long time. This formula is short, but edifying. It brings one back to the main thing, and in difficult moments it can help to put things in perspective. Man must have points of reference that can help him find his strength in an appropriate way, as well as a line of conduct meant to make him live from this point of view and according to its wishes. Our candidates have made their choice; they know where they want to go and which direction should be given to their life. Many human beings have understood the true reasons for their existence on this Earth. It is a privilege; all do not have this luck. By fulfilling themselves spiritually little by little, they take their brothers – less enlightened than them – along with them, in a vibratory aura that will change the course of their life, more or less, in the long term. It is a law prevailing in the ethereal spheres, where the destiny of beings is sealed in the vast projects relating to the evolution of humanity.

Thursday, February 21, 2002 - 8:30 a.m.

It was important for your relationship with my son to develop. You know how much the role of a living Master is important; we have sufficiently addressed this topic. Your process must imperatively continue under his high protection and his vigilance, in utmost union with him. You should value the fact of having a spiritual Master of his stature; it is a rare opportunity in one's lifetime. Make the most of all the treasures he allows you to get; all the souls who search do not have this possibility. One day, you will realise how lucky you were; therefore you should be grateful and not waste time. A spiritual way is fraught with obstacles; there comes a moment in this process when the higher competence of a highly advanced being is necessary. The more you advance, the more imperative the need becomes for the support of this guide. He spares you the pitfalls, from wasting time, and a restless wandering that would not lead you directly to the sought-after goal. Believe us, we know what we are talking about and what your needs are. We want only good for you and we offer a degree of effectiveness likely to satisfy your noblest aspirations, since they aim at divine realisation, for which we all here are working for the good of humanity.

Thursday, February 21, 2002 - 10:00 a.m. My dear daughter, make the most of all that is generously offered to you. Time is counted, for him and you. You are nearing the accomplishment stage of your lives, and all must be definitively settled. You should give priority to spirituality. Let your heart go; don't impose any restraint to it any more in this area. It is not necessary. You cannot be disappointed as in human relationships. In this process, all is different; love can be expressed and show its worth. You know well that it is the essential element in this matter; so, don't repress it any more and let it shine brilliantly. You know very well what we are driving at; therefore you should become a submissive disciple who is confident in the power of his Master, and entrust your destiny to him. Our relationship pertains to another level; you need him, he is our representative on the Earth, mandated to do a specific work which is no longer in our remit. Put us together with all the might of your love, but see us as distinct entities with regard to our respective functions. Think of all this; with our blessings to all.

Friday, February 22, 2002 - 10:00 a.m.

Be consumed with love, my child. This way is yours; it is the most beautiful. Let your mind be at rest. Provide for what is absolutely essential, but give real importance only to the targeted goal. You have reached a moment in your life where priorities must prevail fully. Your future, elsewhere, hinges on what you have. Therefore, you should not neglect the present, it determines the remainder of your evolution. We insist on the fact that a true mystic does not have time to fritter away. His heart knows the requirements and it makes sure not to shy away from them. Your heart should not be repressed any more in this space that is reserved for it. It must open out fully and glide, serene and detached from useless aspects. Let it vibrate as it pleases, happy to have broken the mooring ropes that hindered its progress. Life deserves living; it is full of consequences all of which should be fully utilised. It is made of many possibilities that facilitate the ultimate test. Nothing is useless; the smallest experience has its own importance. Man's development builds on the least of his acts. His thoughts, positive or negative, are to be considered with the greatest attention; they are acts. They creep into him every day and he must keep them under control, imperatively, so as not to be a victim of them. You all should be vigilant in every respect.

Sunday, February 24, 2002 - 8:00 a.m.

Today is a special day for you. You have reached another vibratory level. You rejoice for so much grace and thank endlessly for all that is bestowed on you. My dear daughter, we rejoice for you; you have cleared an important step and you will be able to help in a different way. We know how very close service is to your heart; therefore, don't deny it to yourself; you have carte blanche for that. Redistribute generously what is given to you. Light does not manifest itself in a heart to remain eternally hidden; you should widen your horizon and make sure that its rays extend to the infinite and get lost in the universal love. Accept these messages addressed to you; don't hide them. By accepting that they are read, as well as the others, you render thanks to the divinity operating in you. Therefore, expose yourself to the divine ray that illuminates your heart, and show it unrestrainedly. You are a case of your own in the history of our Mission. Time will give it its place, which you will not have to monitor any more. God uses souls that are called and assigns them the role He sees fit. Be surrendered to His will and all will be well.

Sunday, February 24, 2002 - 10:00 a.m.

You don't express any special requests in the area that interests us here, but you receive. Only the state of your heart, which calls us with fervour in its impulses of love, makes us fill it with grace. You are not a perfect abhyasi in terms of your practice. You live – and that is not on purpose – on the fringe of all the great outstanding events of the Mission. You have very firm ideas on many issues relating to it. As you have been told, you are not a standard abhyasi. Your treasure is inside you; it is made of a studied blend of love, surrender and submission to the divine greatness, which we represent for you. Your life is unique; you live isolated from the world by the force of circumstances. Only the people chosen by your heart have access to your retreat and share your secrets. Are they aware of your uniqueness? They must be enlightened on this aspect by their hearts. We lay siege to yours, which is completely offered to us. We work through it and this action fills you with happiness. No, your life has not been useless; it is full of all the experiences that have made you what you are today. Do not regret anything; put behind you this past that has built the present. Receive us in your heart with joy and gratitude on this highly blessed day, without forgetting those who are dear to you and who benefit from your experiences.

Fri, Sept 23, 2016 – 10:00 a.m. Beautiful and great souls are not spared in this world. The divine laws are incomprehensible to human beings, so helpless in the face of life's many vagaries. The world of the 'Spirit' also has its rules; they are very strict, and they would amaze in more ways than one. We are working to bring the human being to interiorisation, to surrender in the face of the inflexibility of this system, which is generalised over the whole of creation. Here, acceptance is the noblest path. Aided in this by Love – this divine energy that every day performs wonders – the best is accomplished, you can believe it. May you all aspire to the best and reach it, carried by the power of our action, willed and supported by this unique and magnificent action of the Divine. This is our unceasing wish.

Tuesday, February 19, 2002 - 8:00 a.m.

All the facets of a human being must manifest themselves and all his tendencies must be expressed, [so as] to free him little by little from the burden that he is loaded down with. The sadhana helps him to climb this steep path. He tries to find himself in this long quest where he must find the necessary support to divest himself of useless things. His efforts are not in vain; he is making progress and rising little by little towards the summit. From his first cry, man is confronted with difficulty. To be born is not an easy task, and the remainder of his life holds many surprises for him: good ones but also very bad ones. This initiatory way may not be to his liking, but if he earns a little wisdom, he will recognise the validity of it. If he is granted the grace to venerate God, that will illuminate his path; he will better seize the beauty of it, which is beyond the many asperities that punctuate it. Faith gives unequalled strength and also a special dimension to all that constitutes daily life, in each one of its aspects. May the sun of faith illuminate your lives by gratifying them with this unique dimension which will halo them with all the graces.

Wednesday, May 22, 2002 - 8:00 a.m Until the end of your life – and constantly – you will have to control your reactions caused by emotions or tests, whatever their nature. That is life; so has it always been for the human race. Each one of these reasons has made you as you are today, allowing you, in many circumstances, to surpass yourself, to go beyond what you believed possible in terms of your resilience. "At the beginning, life is a blank page on which, with the passing of time, even the least events are recorded. Everything is recorded and shapes, with the passing of years, the personality of the being. Until the end, it is possible to change; this opportunity is offered to man. He does not control his destiny, but he controls certain aspects of his life and controls his acts, which remain under his clear-sighted authority. One needs much clear-headedness and self-control in all circumstances to make the right choices, which help to go beyond the stage of a momentary incarnation and to act as well as possible for his own good and that of Others.

Thursday, July 15, 2004 - 10:00 AM The future of Earth falls under an immense plan concerning the entire universe. It is only a negligible element in this gigantic architecture but it cannot be allowed to be the blip jamming the system. This planet does not belong to men who live there, whatever the powers they believe they have. They are nothing compared with the divine power; at the proper time, the evidence of it will be given to them. This civilization is going too far in its prerogatives and it is endangering a whole balance without worrying about the consequences. To date, the movement has become irreversible; it is up to each one to become aware of it and to act by taking account of the situation. May humanity react in time, to curb the destructive phenomenon! Voices should not fear any more to rise, thus showing that wisdom can still prevail over profit. Spiritual practice must bring man back to a right appreciation of his life and its outcome and the reasons for his becoming incarnate in this world. This principle is far beyond the concerns of most humans. Those who know are preparing the way; the new era will be established in this world, in spite of this gloomy fact. Our Mission works within the framework of this broad movement, without any sectarianism or racism whatsoever. That is where its great strength lies. The opposite only brings discord and weakening of the movement. May all our brothers become aware of this reality!

Tuesday, February 26, 2002 - 8:00 a.m.

You all can rejoice; the Mission is truly soaring in India and this phenomenon will extend to the world, when time comes. India is the spiritual heart of this planet; its radiance intensifies with what you call globalisation. In the present state of affairs, it seems to get lost in the manifestation of an exacerbated materialism, but all has its limits; going further in this dangerous escalation is worrying for humanity. A time will come when other values will become the recourse of souls in distress. There are cycles and modes that prevail, but what do they lead to? Do they make men happier or, at the very least, conscious of the purpose of their incarnation? Far from that. This civilisation overloads man dangerously. All his senses suffer from the excess of images imposed on him, from noise that unsettles him without him even realising it, and from a lifestyle by and large different from what it should be. The wise men protect themselves as much as they can, but they are caught in this process and they do not escape the collective harmful effects, which among other things, do not contribute to the life of a mystic.

Tuesday, January 4, 2000 - 10:00 a.m.

All this advice and these recommendations should not annoy you. They come from a father who cares for his children. Before leaving them, he would like to tell them everything, to warn them, to protect them. We cannot spare you the pitfalls of life; we can only sensitise you to their treachery. "Advance while looking to the beacon; even in the black night, he is there to guide you. It is Master's role to act like that. Do not lose sight of him. Even in the most difficult moments, he is close to you; never forget it. It is a comfort that is good to have to avoid the pitfalls amidst a raging storm. "You may find our comments quite gloomy. Actually, they are optimistic since, whatever happens, with Him you will reach the harbour.

Friday, July 16, 2004 - 10:00 AM

Rise above all your worries; an elsewhere exists. You are well placed to know it, my child. Project yourself towards the future and regain serenity, as you should be doing; this contact will be all the more profitable. Remain connected to your Master, isn't he henceforth at the centre of your thoughts! He is your guide in this world and even beyond. He opens the doors to you and he takes you to my heart in another way. Love, which is being distilled in you, is a powerful asset, a reference card, very important as far as this matter is concerned. Here, those of the world are very far and are not relevant, except for their irreparable effects on the being concerned. Prepare yourself for this birthday celebration; it will show to my son once again its growing importance from one year to another in the heart of our brothers and sisters. He is loved and his action bears its fruits, beyond our hopes. May the blessed day of his birth on Earth go down in the history of our Mission as an event to remember. It makes it blaze and lends credibility to it. Be happy to be, once again, in this incarnation, living in the wake of this exceptional being. Forget any sadness and, at least on this day, do not dwell on human behaviour. You know how very disappointing they can be. Rise above the miasmas of this world where your heart will be able to relish the immutable peace.

Tuesday, July 6, 2004 - 10:00 AM

These 'Reflections' coming from the world of the Spirit, will answer a certain number of questions raised by our aspirants. It seemed that this had already been said in our Mission and yet, this particular light on topics already covered in our literature will touch hearts sensitive to this speech. We do not give these messages in vain. With time, they will hold the place they deserve. In the decades to come, minds will open and quicken the pace; this form of teaching will then no longer be surprising for a majority of our brothers. Times change and this movement will keep accelerating. To surprise is not our goal, we must go in the direction of evolution, without fearing unfavourable reactions. A spiritual Master is capable of telling what is good for the progress of his followers. From time immemorial novelty has raised questions, and we will not escape the rule, since humans easily delight in a reassuring routine. The Mission is advancing in the field and in hearts—seats of the Divine, in its manifestations—which conceal unsuspected treasures. In our way, like elsewhere, minds must open and adapt to a reality that will inevitably surprise them. God, in his infinite kindness, is preparing them for a spectacular advance. Our brothers will find within our Mission elements capable of guiding them and reassuring them. To have a highly elevated living Master is a benefit, which many do not fully realize how important it is. Our blessings are with them.

Wednesday, February 13, 2002 - 8:00 a.m.

We would like you to be more convinced of the importance of this work. We can assure you that many of our abhyasis will find it interesting and greatly comforting. While advancing in their practice reading our comments, they will discover subtleties related to their own progress. The repetition of these messages will be like a thread, which will make them better understand what they feel, and why the changes happening in them make them see life from a different perspective. They will take to this reading, which will be like a tool aimed at revealing their condition, earned through an assiduous practice. Are these remarks convincing? We hope so. These messages will not remain eternally forgotten in drawers. A time will come when they will begin their life in the open, and nothing will stop their dissemination in various languages.

Thursday, June 22, 2000 - 10:00 a.m V: It is your state of health that has compelled us to suspend our daily contacts. Yet the work has not stopped. We maintain a connection, a kind of thread connects us to one another. Our activity continues by itself. There are no more obstacles between us, which allows a satisfactory action. Continue on your way in a state of surrender. All is well, believe me. We use your capabilities when necessary; 'the tool' is operational. You have taken a great step that allows a true collaboration. You have been prepared for your current and future mission. Though we no longer exchange every day, the line of communication is open. Relying on faith and love, you do your best; these two driving forces compensate advantageously for the physical strength you lack. Let us continue together what has begun so well.

Tuesday, July 20, 2004 - 10:00 AM

You can be happy; your isolation does not prevent you from taking part in this beautiful celebration of the Spirit which is being prepared in the Mission. A privileged ambassador is taking to the Master the production of your heart; you will not be absent from this big feast. Joy can suffuse the hearts. The Mission is doing well and the anniversary of its Master will be celebrated as is right and proper in a moment of communion enriching the souls. Stay in this communion; it benefits your heart. Special blessings are bestowed on all of our brothers and sisters, united in the same spirit. That is where the beauty of a way lies, having proven reliable since its advent in this world by divine grace. Our son is praised to the skies; we have good reasons for that, the higher authorities thus supporting him. The Mission must grow in the world and work for the good of men in search of truth—the truth. It is in the simplicity of the heart, the surrender to the Master and the eagerness to progress that an increasing number of souls will join the initial core and will move towards the goal. We wanted once again to express our satisfaction, and to encourage our son through these messages that are so familiar to him. We communicate with him in many ways; being incarnate, this means of communication supplements what he receives through other ways. He is supported in his heavy task by all the love we can give him—He knows it. He is so dear to us; it was good, once more, to repeat it.

Wednesday, July 21, 2004 - 10:00 AM

Let your heart love, isn't it the most beautiful vocation? All is illusory in this world—you know it. Therefore maintain this flame in you, it will not disappoint you, and it will guide you until the end. Many of our brothers and sisters intellectualize their spiritual process, not having understood yet that love is the key to their growth. A rigorous work leaving aside this concept, which they consider as superfluous, deprives them of joys, which they cannot even suspect. These magic banks are unknown to them, and they remain confined in certitudes fitting them, without seeking to exceed them. Sooner or later, they will have to awaken to this reality; love is the master card in the divine play. May this burning arrow hit them right in the heart, where lies the seat of an immense and sublime undertaking not registered in the human laws, and meaning nothing important in this world. If only our aspirants knew what they were losing by ignoring this aspect of the sadhana! We cannot rush anything; we only let time do its work and open this sacred door to them, leaving them struck dumb with gratitude. Diversity exists within our way, it is in the nature of things, but all our brothers are going in the same direction; that is the main thing. In our Mission, anniversaries serve to focus the thoughts of all onto their Master in a more intense way than usual, and to increase this energy of love, specific to its cosmic identity. May all our brothers be blessed and become increasingly vigilant to develop in themselves love, this ultimate vibration.

Thursday, August 12, 2004 - 10:00 AM It is good sometimes to break off and to take stock of progress made. Does that mean detachment from non-essentials, a better control of oneself, of one's emotions, generating various feelings that could be harmful according to the situations? It is important to be able to stand back and analyze one's behaviour objectively. To which extent has sadhana changed your life? How do you place yourself at the current stage of your life, and how do you foresee the future? Such an assessment is desirable and it can help you make good resolutions. To take a good look at oneself is to adopt a positive and stimulating attitude in a thorough spiritual process. In this matter, each one is in the face of himself. No one except the Master can interfere in this research. It is good for our aspirants to read the books proposed in the Mission. Many ignore them and that is unfortunate for them. If they actually wanted to look further into the meaning of their contents, they could all the better find their bearings in their quest towards the Absolute. We hope that one day the reading of these messages will be included in their life routine, that they will regard them as a friendly presence blessing them for their efforts and perseverance, leading them more than ever in spirit to the feet of their Revered Master. This state of mind fosters a process followed with confidence resulting in surrender. Thus a searcher gives himself every chance of making a success of his undertakings. For one who really wants to progress, nothing should be overlooked. May all our brothers become well aware of these indispensable necessities for the progress of a soul towards the goal!

Sunday, July 4, 2004 - 10:00 AM

Lift up your heart, come and relish the emanations of the grace in which your heart is bathing, in this moment. This introduction makes you stand back immediately from your daily life. You see, repetitions are useful, since these words, always the same ones, have a magical impact on your heart. Immerse yourself in us. Here, there is no disappointment. It is with unchanging happiness that you are enjoying these moments of true communion. You cannot join your brothers in their big gatherings; don't be sad at the thought of the anniversary of your Master during which, once again, you will be far from him. You will not be forgotten, believe me. Distances do not matter. Each day proves to you the opposite, since you can tune in to us on levels to which your brothers cannot have access through this channel. God has many abodes, as has been said in the scriptures: life exists elsewhere where the soul can perfect its progress. Do not lose heart, friend; at the end of the road, your God awaits you! A wise person said it; he reached nirvana. One should summon up one's patience and pluck one's courage, in view of this long ascent. But one day, the divine goal will be reached and the soul, in its intense jubilation, will forget all the tribulations having brought it up to that point. Recover your smile and joy, my child, for nothing is useless. Whether he is in obscurity or light, man can make progress; nothing can prevent him from being united with the Divine. His heart is free to make any choice: it can love infinitely and hide it well from the eyes of men. The heart alone holds the key to all doors. You know it, but many don't. May all be blessed and enlightened.

Friday, March 10, 2017 - 10:00 a.m. Everything is planned; everything in a life happens in a timely manner, according to the laws of Karma. Human beings want to decide what happens to them, but that cannot be. They must submit to what constitutes the unfolding of their incarnations. All bring them the experiences necessary for their blossoming. Trials follow one another, joys too. Everything conforms to the divine plans, and that for the good of each one. It is not always simple for the human being to accept the heaviness of this Karma. Edifying it is in the long run. May each one comply with this heaviness and take full advantage of its teachings. Blessings to all.

Sunday, May 30, 1999 - 8:00 a.m.

The Earth is an immense breeding ground where numerous species grow and multiply. It is a rather remarkable field of observation. With regard to humankind, there are plenty of observations to make. There is truly reason for amazement, what diversity! What shrewdness in intention, in reactions and also in underhanded behaviour, in certain people. This is specific to the human being. No other species is as complicated, surprising and calculating. There are rare specimens to study, it is amazing! Other kingdoms - animal, vegetable, mineral, which also has an active life - look like mummies in comparison. Should one conclude from this that evolution, as we understand it here, generates nothing good? That is rather troubling. We must pay attention more particularly to this category of human beings who push refinement very far into complexity. Very fortunately, nothing is lost; all can change for the better. We are speaking in generalities, this should be highlighted. There are nevertheless some achievements - abhyasis being, of course, a special category apart protected, in an evolutionary process, in the sense that is of interest to us, within Sahaj Marg. That sets our mind at rest. We can, as far as they are concerned, leave the microscope aside and reassure ourselves about the future of this population, which is filled with the desire to transform itself and to please us.

Monday, December 27, 1999 - 10:00 a.m.

Your devotion comes down to the essence of things: you love without asking any questions. That is the path to wisdom. Some need to rely on book learning - which was your case in the past - then one day all that can seem to be superfluous. "Knowledge comes from inside; it permeates all the body's cells, and there, the spiritual being is fulfilled. It does not care any more about scientific or philosophical aspects of the method. The intellect is at rest and the heart delights in the divine presence that dwells in it. It tastes the pure nectar; it thanks humbly for this grace bestowed on it - going to the source inside itself. "The principle is so simple: it is enough to surrender, to love truly, and more than that to adore, since only God can be adored. You will then feel lighter, happy, in a kind of bliss. May you all get there!"

Saturday, August 14, 2004 - 10:00 AM

My child, Don't let melancholy overwhelm you like that, see what is illuminating your life and not what is afflicting it. Think of your Master, of the greatness of his mission on this Earth, of his fights to cope with his obligations and the work he is performing, which is not limited to this world and of which to some extent, you are the witness. His powers are developing; he is capable of operating on various levels of consciousness. His action is being extended over time and space. His capabilities are very many and are not limited to any specific physical form of one single point of the globe. Being motionless and focused, he can operate in the heart of the worlds. Support him in your own way, as you usually do through active and selfless thoughts where only love is the noblest driving force and motive. Your contacts are real, though special and not verifiable humanly; yet they are realities that we do support. In this area, nothing is done without valid reason; here, we are in the world of the Spirit, and it does not mislead or act rashly. Do not lose heart; keep all your strength for what is essential in your eyes and especially to your loving heart. Serving is your ideal, your reason for fighting. Loving is your most subtle food, that which delights your soul, therefore enjoy it, my daughter. One never loves too much, especially when it is about this kind of love. We understand that life is so heavy for you, but you should disregard the material side of your existence and see only that which clears your way to this Infinite, so attractive, as you can imagine it through the memories it leaves in you, once you have glimpsed it. We are with you as well as with everybody.

Thursday, August 19, 2004 - 10:00 AM

Here, in these contacts, you can lay bare your heart; it cannot hide its impulses, its emotions for the graces being bestowed on it. Thus, once its trust is won, it can open up to our comments. Our dialogue flies away on these blessed notes, like a song coming from another age where the world was not what it is today. Love is timeless. It originates in the wake of a God who was at the beginning and who will have no end. Love, this creative energy, leads the hearts ready to follow it without regretting to leave behind them the things of the world, as they attach to them just their true value. This way is the most glorious. Where does it start and where does it end? Nobody knows. The important thing is not to know, but to live what few human beings have the privilege to know, as they are absorbed in their daily life. Some of them would like to devote more time to a true spiritual quest, but they let themselves be caught by the game of life on Earth, and neglect the aspiration to rise while postponing it. Time is short, time and tide wait for no man. Each day is numbered. Offering it to God is the best way of praising faith. Our aspirants made the best choice: they are following a way completely mapped out for them. Their Master is guiding them by sparing them the useless pitfalls and twists and turns. Our Mission brings together all these souls seeking the Absolute. Their thirst for the Divine brought them to us. May all be blessed and fulfilled.

Monday, May 6, 2002 - 8:00 a.m.

Withdraw yourself in this protected bastion where you can cut yourself off from the matters of the world. Here there are no noises, no waves, and no turbulences of any sort. You can again find serenity, and what you regard as being most important in your life: the peace of heart that results in an approach to the Divine. Its emanations float to it. It can thrive on its benefits. Nothing else is important any more; disappointments, trickery, no longer have any hold on it. It feels happy in this vibration of love, which does not change – unlike as with humans. They are not reliable as they are themselves subjected to the vagaries of life. Faith is a protection; it helps man to live and understand the thousand and one facets of this life, and the human being. "Trying to decipher this mysterious code is not an easy task. Man is caught in the swirl of this incarnation, without realising very well what happens to him. He who aspires only to stability is surprised, often disconcerted and caught off guard by the suddenness of events. He passes life on this Earth like the pilgrim who goes looking for his own truth.

Saturday, August 21, 2004 - 10:00 AM

One can only fulfil an open and loving heart soliciting our favours. Can one force a flower to open out under the beneficial rays of the sun, when the moment for it has not yet come! To some extent, we must respect this law, according to which the Master appears when the student is ready. Then his heart will continue his search; it will open up to love and, stage by stage, and he will discover the secret mysteries of it. In our way, we have seen many hearts behaving like that. The harvest is already looking glorious; we are delighted for them and for our Mission. It is thus justified to the divine powers supporting our action. Each period of the history of the world, in the most distant times, saw the birth of a teaching fitting to the prevailing evolution. Here, we are at a transitional point of this history and it is advisable to prepare for what humanity will be facing! Its life, its customs, its way of conceiving the existence of God and the way of uniting with Him, all this must change in the future. Our teaching, as a whole, corresponds to the spirit of the future, as it will prevail on this Earth where life will no longer be what it is today. More simplicity and rigour will lead men towards a higher destiny. They will be 'mutants' compared to what they are today. Upheavals of all kinds, including in their DNA, will change the face of the world. All will take place in due time. Although the process has already started, nothing today can allow men to foresee such a change. Our active brothers in sadhana will be ready to face up to any event.

Monday, August 23, 2004 - 10:00 AM

Emerging victorious from all struggles is redeeming; it is in that that it is wise to surpass oneself. As was said recently, the success is all the more beautiful. The way to it is long but so gratifying. We will keep using all the means capable of touching the heart of our aspirants and see to it that they are motivated. Time is short, this incarnation is determining for them; how will they use it? Will they be sufficiently motivated to meet the requirements of the final examination in terms of its rigour? We are providing them with the necessary means; it is up to them to use them. These messages will be a plus for those who will actually admit the underlying principle. After an initial phase of surprise, many will perceive in them the ring of truth capable of touching their heart: that is the objective. Everything is decided at that level, the wonder lies there: the secret door leading to a glorious eternity. The purpose of our comments is only that one: through simple words, sensitizing them on the essentials of a sadhana, [which is] intellectualized— inappropriately —by some people. Success in this area hinges on purity of heart and surrender, thus allowing true spiritual work. Multiple knowledge and information accumulated previously can hinder this work. Here, surrender must be considered in its true meaning: being neither occasional nor slowed down by an accumulation of erroneous principles. It must be a real inclination of heart to feel and receive what is essential in a true spiritual process. Pioneers in our Mission have gone a long way. Henceforth it is advisable to quicken the pace: the future will give it the means of going beyond. "Let the divine will be done."

Friday, April 12, 2002 - 10:00 a.m You can note that these messages arouse a certain interest around you. They do not provide answers to all your questions, but for the moment what matters is only your progress, which is more important than satisfying a legitimate curiosity – though intellectual. By working on the foundations of your spiritual life, we give you invaluable help. Additional information would not help you in this respect; such is not our objective. You cannot measure the effects of this reading on you; what counts is only your perseverance in sadhana – for which you manage to find a slot. Repeated efforts bear fruit – we keep telling you this. You are perfectly aware of it, hence your steadfastness in following us. We do not use learned words or striking formulas; our vocabulary is understandable to you all – who are equal before this process relating to one of the most important aspects of Yourself. "Repeated gestures – however insignificant they may seem to you in this matter – have their raison d'être. Perseverance opens doors; that's the rule. Be simple and confident in your success, as we support it.

Tuesday, August 24, 2004 - 10:00 AM

My daughter, Your mistakes, as you call them, do not endanger the expansion of your soul. Once you have deserted your physical body, it will carry on its evolutionary cycle, leaving far behind it the vagaries of this incarnation. Be happy of living the present experience; it is a rare opportunity in life, and serving that way is gratifying. Be listening and receptive to all that we are expecting of you. We brought you to this point where your perceptions are remarkable. Your heart is like an open book where each day a new page is being inserted, full of these lines revealing our contact. How will these remarks be perceived by our brothers? Their rejecting them would be tantamount to narrow-mindedness, which would slow down their progress. They should then take a new look at themselves and think well about such an attitude. We haven't got that far yet; let us carry on in the same direction. Many will appreciate these manifestations of the spirit meant to help them. What takes place in these writings lies well beyond expression. All will have to understand it and interiorize themselves by reading them to grasp the fruit of it. Our way offers a broad range of possibilities: not all of them are correctly exploited by our aspirants. Caught in the movement of modern life, they neglect some aspects of it. They have a high level Master. This point is critical, and it is up to them to invest themselves sufficiently to deserve him. Each one is left to his own choices of life; we cannot interfere in what does not foster a true spiritual process. Practice will end up doing its work and sufficiently encouraging the less motivated to progress. A soul, sooner or later, wakes up and manifests itself as is proper, to focus on the main things. All our brothers are united in a circle of hearts labelled with the divine hallmark.

Wednesday, May 26, 1999 - 10:00 a.m.

M.: "Is electric pollution dangerous, Babuji?" Yes, you know this very well, but it is more serious than you think. Among other things, all these means of communication that you appreciate create turbulence in the atmosphere, but also in your bodies. They affect your nervous systems. Some subjects are more sensitive to them than others. All these waves that crisscross the Earth disturb many natural phenomena. The rhythms of nature are modified by them. This takes place insidiously, without your being aware of it. More serious phenomena will occur, it is inevitable. There is a threshold that is not to be crossed, but you are in a process that is accelerating and is no longer possible to stop, other than by a catastrophe. By themselves, human beings will never have the wisdom to turn back. On the contrary, they will run wild; nothing will stop them. Nature, being thwarted, will itself have to take counter measures. Human beings are playing with fire; that is nothing new, but they are, in this era, in possession of terrifying means. They have no respect for creation, which is so well ordered. It should not be forgotten that civilisations have disappeared because they reached an extreme point of creative madness that was putting the universal order in peril. When the alarm stage is reached, a liberating floodgate will lift and engulf all these monstrosities. Have no fear; this is not for tomorrow. Everything is planned in the minutest detail to stop in due course the frenzy that has taken hold of human beings.

Saturday, July 17, 2004 - 10:00 AM Your life, like that of your fellow creatures, is a perpetual search for what cannot be truly found on Earth. This aspiration prepares you for finding it; the way is long, but it leads by stages to what the soul aspires to. You found the way into it after a long search. Rare are those who find it from their early youth. Experiences in this field shape the personality and allow the aspirant to make a decisive choice. Each one follows his way, whatever its sinuosity; the main thing being, to come to the feet of the Master who is intended for him. This point is an important milestone in the spiritual process. Thereafter, everything becomes clearer; the searcher is guided, and helped. He has yet to practise in greatest confidence, doubt constituting a barrier hindering his progress. This aspect deserves to be underlined once more—surrendering to a Master being essential in any spiritual process. Most of our brothers and sisters became aware of this need; love grows in them, marking another important stage, since without it, how could the heart blossom through its progress? All are advancing at their own pace, according to divine laws. When wisdom grows in them they feel the need for complying with it. Our way channels a number of souls that is growing according to divine intentions; all can profit from it.

Wednesday, August 25, 2004 - 10:00 AM

The very essence of life is not understood in this world. The approach to it is based on a misunderstanding; man's view of the whole of creation being erroneous. We do not intend to dwell on this point; very many pages would be necessary to go further into the issue and that would not be enough to bring man to his own reality, which is to be united to the Divine. Our objective here is to help him in that direction by the means at our disposal, even if they are not conventional. Humanity is living in a state of gross misinterpretation of what it is really. We will not remedy it; time has not come for light to be shed here below on this point. It is imperative for man to advance spiritually. More than ever he must seize the opportunity being offered to him to open up to true knowledge. Time is short; divine intentions will be achieved no matter what happens. A purified humanity would be placed in the best conditions if it facilitated them. The only objective of our Mission is to help it to that end. The evolution of this world is not a fanciful view. It is in the offing and it will take place. Even if it has to go through countless difficulties, that will succeed. Nothing can go against what must be, when it is planned for divinely. The commitment of our brothers contributes to this achievement. By working for themselves, they contribute to creating a state of mind that can benefit humanity as a whole. Nothing is lost in this world, especially anything that can foster its evolution, by serving as an outlet in the face of negative powers. May our way continue on its redemptive expansion; let all our brothers be blessed and strengthened.

Mon, Jan 3, 2005 - 10:00 a.m.

Think of all those who are suffering and struggling on the Earth, without having the refuge of faith. Can you imagine that? That is the objective to be reached: to help all those beings to become aware of the presence of the Divine within themselves, connecting them to a unique power whose existence is not even suspected by many of them. That is saddening, but the laws of evolution are like that; working to serve them is our objective. At each important step in the history of the world an appropriate means, corresponding to the period, emerged to convey truths capable of enlightening men on their future. The new era will be privileged in that aspect beyond all possible predictions. A reappraisal on all levels will lead to establishing new foundations on which will be based an appropriate teaching that will not ignore the realities of this world and its place in the infinitely great. Each human being is a manifestation of life; he belongs to the Great Whole and nothing more. Some people assume rights, superiority of class or alleged intelligence; they are only the result of a karma that assigns them to one place or another. Contempt that they show for the most underprivileged sadly goes against them, as far as their life is concerned. Happy are those who understand these divine principles; they are progressing in a constructive way towards the goal, with a serene heart relieved of a heavy burden.

Friday, August 27, 2004 - 10:00 AM

Being able to be united in oneself with a Master—in the silence of the heart which nobody else can access—isn't it the greatest grace being offered to man? There, in secrecy, worlds are being built since this blessed presence is working ad infinitum. These moments of intense communion provide a being with unequalled bliss. Writing these lines is a blessing for our scribe; the fact of merely mentioning this ritual sends her soul into transports of delight. In these moments the external world does not exist any more for the aspirant. He enjoys each second that unites him, each time a little more, with this divine presence. Our way facilitates his ascent. The summit to be reached is within himself, he knows it: each step leads him towards liberation. He should not, in any way, lose sight of this objective, by dwelling on relational difficulties, which are specific to human beings expressing failings that they are not often even aware of. To keep a check on oneself, to question oneself, is a healthy attitude; practising within a group requires tolerance and objectivity. Only the goal is to be considered, the human nature is as it is; each one must cope with it and search into themselves that which escapes this kind of tendency. A true spiritual process opens this royal way to them: divesting oneself of the useless and being united to the Divine. By interiorizing oneself each day with happiness, the aspirant exceeds the framework of matter; he rises vibrationally and his heart is strengthened in this redeeming process. Loving his Master and appealing to him in the secrecy of a fervent heart—that is the key to the sacred building where He is awaiting him.

Friday, June 28, 2002 - 8:00 a.m. I am by your side and you know it. Why would you like this to change? Only humans are changeable. Their mood changes according to the day and the hour. Let your heart remain as it is, loving and not fluctuating with the passing of time. In the area of spirituality, it is steadfastness, stability, and will that make you progress. One should not dabble in following a spiritual way. This work requires a minimum amount of personal investment to bear fruit. The reward will result from the effort. Our faithful aspirants know it well. Some of them, after having gone through moments of lassitude, thereafter set out again more convinced than ever. Perseverance is necessary for any progress. It generates the greatest successes. Our work must rest on yours; it is the very nature of things. Thus we walk on together and we lay the foundations of a new humanity, where all right and good things are properly accommodated

Monday, August 30, 2004 - 10:00 AM Your heart is imbibed permanently, don't you know it? Your Master is reassuring you enough on this point. He is guiding you towards mine, in view of an endless round where it is taking you along. This love is unfailing; it remains through the ages, being strengthened infinitely. Having reached that point in a spiritual process where the greatest wish is to be united completely with the divine powers, means that a great step has been taken. Life on Earth is going on; one has to attend to its daily obligations, but the heart cannot be restrained. It is free in terms of its impulses. Who could prevent it from that? Its life develops in parallel in secrecy, ensuring the durability of the being. Once this point of maturity has been acquired, the soul, completely surrendered to the Master, follows the way to rapture, asking for it constantly. Can you recognize yourself in this portrait, my child? Explore this inner richness further. It is unlimited. How can our brothers be convinced of the need for them to go further in this way of surrender and union with the heart of the being? There resides the unity with the Divine, the strength that propels them on to unsuspected heights. If this thirst for the Divine appears in them, they should not ignore it; this gift will not be made indefinitely, if they neglect it too much. Practice, in our way, encourages one to perceive such a message and to answer it as is proper. Our aspirants are advancing on this way; it is good to notice it. All are not equally motivated. Each one is advancing at his own pace; time is doing its work and will remedy these few gaps. The way is widening for all of them; they are following it under our constant blessings.

Thursday, May 27, 1999 - 8:00 a.m

All could be beautiful on Earth, if peace reigned among human beings. May the strongest help the weakest. May hatred, envy, vice and other dark aspects disappear. What an Eden it would be, but it would no longer be the Earth! Such is humanity at this stage of evolution. In this garden, weeds would constantly need to be removed. So, look with delight at these beautiful species, these magnificent flowers that touch you by their beauty. These specimens manage to grow, embellish and transform the entire space. Certain beings are like that. They advance in life without fully seeing what surrounds them; the ugliness of the world does not affect them. They see only the beautiful in each one, as did brother Francis of Assisi. These are beings whose purity places them above the ugliness of life. The ideal would be to arrive at this state of saintliness. It is necessary to start, even in a small way, by looking towards the unique benefactor of the world, who expects of us only perfection and love. Try! You will perhaps, with a little effort, have some success that will encourage you to persevere. Why shouldn't each of you achieve, with time, this blessed state which would make of you a saint of sorts? Nothing is impossible to a person of goodwill. We encourage you to try the experiment. These small individual actions can bring about big changes on Earth. Never stop thinking that it could one day become a large garden full of flowers where it would be good to live.

Sun, Sept 6, 1998 - 10:45 a.m. At the ashram, things should take care of themselves, simply, with faith and love. It only takes a few good wills; they are not lacking. Many of you are making nice progress. Why waste all that in groundless conflicts? Focus on your personal work. Be forgiving; who doesn't make mistakes? Let this flame grow in you, it will elevate you towards the Absolute, the Divine. It is simpler than you think. You complicate life by letting yourself fall into the trap of a material existence that is difficult in many ways. Times will come when you will have to stick together, when you will regret these blessed years in which you did not really take advantage of all that was offered to you. Make more efforts than ever to elevate yourself. The inner strength that will develop in you will help you face the challenges ahead. Love one another. The scriptures of all times tell you this. Consider this truth as essential. Blessings to all.

Thursday, July 22, 2004 - 10:00 AM The importance of these messages goes well beyond comments being made. Their vibration is specific, irrespective of whether they are read loudly or received quite simply in the silence of the heart. We are not filling pages to only revert to the same subjects, even though that is necessary. Our target is above all the heart. In the heart is being accumulated the only valuable treasure capable of exceeding the barriers of matter. In this respect it deserves to employ the fitting means. Nothing should be ignored in this kind of process even if the aspirant cannot grasp all the subtleties of the work being performed in our system. Many, without really understanding it, become aware of the fact that beyond appearances, some forces operate in them, helping them to progress. Results cannot be measured like in sports. Here doping is not relevant; only the inner attitude of the abhyasi towards the action of his Master matters. The strength of a way like ours grows in proportion to its égrégore whose might also increases. Its deployment is important; it gives it its true place in the register of time. All should be reassured that this movement will not be transient: there is no risk of this 'multinational' collapsing. We have already underlined it: anniversaries in the Mission allow assessments to be made. They are necessary milestones, allowing the material level to have satisfactory benchmarks as far as we are concerned. May each one of our brothers be reinvigorated by that.

Sunday, August 8, 2004 - 10:00 AM Take advantage of the ambient quietness, my child. These are very nice moments; you can enjoy the delights of an immersion within yourself, enabling you to access sacred banks. Your heart aspires to this quietude where it can give free rein to the ferment of its faith. You need this pause where our contacts provide you with serenity, reinforcing in you the courage to continue. You know, henceforth, that my son awaits these messages; they establish an additional link between both our hearts. His journey on Earth seems long to him; we experienced this feeling that it would never end, when we only aspired to find our loved ones. A Master like him, even more than anyone else, is tied up by the importance of his mission in this world. It is significant, and it is normal that he finds this burden heavy to carry. Being incarnate, he cannot assess the extent of his action. It will be related to him in great detail when he has rejoined us in the higher realms, which by any means are not a brighter world; the beauty of the place cannot be described like that. It is love, and inimitable in its subtlety, to the extent that no representation of it can be given to humans who only focus on sensory perceptions. We are repeating ourselves; what else can we do? Being incarnate entails being confronted unceasingly with all kinds of difficulties and we cannot ignore the qualms of our brothers, particularly those of our Beloved son. His path is strewn both with roses and with thorns. It is inevitable. To fulfil one's mission perfectly is an enormous matter for satisfaction, helping to endure the vicissitudes of this Earthly existence. May this day provide you all with peace and joy!

Saturday, September 22, 2001 - 10:00 a.m. My dear daughter, you see that only love matters and outlives this lifetime. The message of your fellow traveller on this Earth bears witness to this. What is there that is more beautiful, beyond this material existence, than this unique feeling of recognition and love! It remains forever engraved in your hearts and helps you, together, to carry on your road to other planes where these values are priceless and do not fade away. All the negative is forgotten; only this special force, which emanates from powerful and sincere bonds, resists the ravages of time. Build your life on these bases. They are solid and durable. Whatever the form of love that is developing inside yourself, it makes you grow richer and transforms you. Cultivate love. We repeat ourselves tirelessly, but can we do otherwise when we know that only it can save the world? Make it become your reference mark and your refuge; it is permanently within your reach.

Sunday, August 15, 2004 - 9:00 AM The 'garden of flowers' is within you, my child, don't forget it! Grace abounds there at each step. Feed yourself with it. Your soul wishes for it with fervour; only these moments can make you forget your pain. Here, nothing else matters: sufferings and solitude are abolished. This flame maintained in you is immortal. It connects you to life, a life that is not subjected to the fluctuations of time. Let your heart abandon itself to its keenest tendency, it finds in it its strength and its determination to serve as much as possible. Let yourself be guided, trustful and surrendered to the higher powers; that's how we love you even more. Be only focused on the beacon of your life here below: your Master. He is showing a way, which will not disappoint you. This is illustrated by your current contacts; they are fostered and facilitated by soul-to-soul ties. Find joy again. See beauty only, the positive side of life, creation in its sublime aspects, in the forces it moves. Keep the heart of a child, which opens ours to you. How could they resist so much faith and love, offered so generously! Be happy, my child, you are not wasting your time on Earth, quite the contrary. Don't you sow flowers every day along your way! These messages will help many hearts in distress. There are so many of them—you can believe us—who will find a few moments of comfort by reading them. Allow joy to blossom again, as we ask you to. You cannot leave this work unfinished. Some more pages have yet to be added to it before concluding. Be blessed.

Tuesday, August 10, 2004 - 10:00 AM Give free rein to the impulses of love which characterize you, they do not weary us, believe us. As they are not inborn in each one of our brothers, we can only appreciate it. You were granted receptiveness of heart, which is conducive to divine service. Do you realize the value of this legacy? Loving is infinitely gratifying; can one hope for anything better in this world? See which [kind of] love a spiritual Master feeds himself with, being dedicated to those who preceded and guided him, as well as his admiration for them. These exchanges are unique and they create bonds defying time, by weaving invaluable threads in the face of eternity. Love is the thread connecting hearts united in the service of the same cause. Nothing solid or definite can be done without this state of grace governing great destinies. Our way shows it, others before it have also shown it, as will always be the case. Love is the fundamental element providing a solid base to a movement like ours. Our aspirants must become aware of it and develop in themselves this aspect of sadhana. As they advance they must feel caught up by this power. To love one's Master: what can be more beautiful and more edifying than that? To show it is not a sign of weakness, as some Westerners believe. They must however exceed such reservations by considering that in them is being built the wonder, and that there is no need whatsoever to display it. Far from men's view does not mean being ignored by God and consequently by one's Master. Each one follows one's own way, according to one's aspirations. May all our brothers receive the gift of loving.

Tuesday, April 20, 1999 - 10:00 a.m I also had to struggle to correct my shortcomings. There are stubborn tendencies. It takes perseverance to get rid of them, at least, to try to improve oneself. No one is perfect, so don't beat your breast. The very fact of being incarnated brings a whole procession of human failings. It is the obligatory passage; no one, not even the great beings, can escape it. Only the divine jewel that is inside you all is pure and spotless. Do not believe you are the only ones struggling to eliminate some faults. They are part of human history. Make an effort, and while moving towards the goal, like Tom Thumb, drop behind you these few stones that burden you. They will show the way you have come. Then, you will advance cheerfully.

Tuesday, April 18, 2000 – 8:00 a.m. (V)

Don't worry about all these things you don't understand; the human being is very complex. To have the Master within you is one state; being in the heart of Babuji is a grace; our cohabiting is another, and there is no contradiction in any of that. Aren't there "many abodes in the house of my Father"? We work on different planes that intersect each other since we are nonetheless in the same vibration. As human beings, you can have several activities and many contacts without your lives being disorganized. It takes a given direction and you manage the situation. The more you advance, the more your horizon widens. It gives you access to different categories of actions. Your spiritual journey is balanced and promising. You are advancing under our benevolent eye and your soul is blooming harmoniously. Be at peace, all is for the best.

Tuesday, August 3, 2004 - 10:00 AM

Do not worry about that; my son finds strength and comfort through these messages. He is capable of appreciating them at their true value. They are first and foremost intended for him, so that he can use them as he sees fit. The planet Earth will be entering into a vibratory conjunction with very positive elements capable of changing its future status, whereby Sahaj Marg should find a choice place. The creative powers are working in secrecy on a level to which men have no access, and will never have, whatever their level of evolution. Each element of the created world has a place in this immense universe and cannot extrapolate, as far as its capabilities are concerned. The human being would like to penetrate the secrets of creation, but he is unable to understand his own nature, to keep a check on himself and to draw the desirable conclusions, which could benefit him. A genuine spiritual process helps them to become aware of their true personality, and to interiorize themselves as far as their capacity to progress permits. Understanding the purpose of this Earthly existence is a great step being taken towards self- acceptance and the liberation from the yoke of successive incarnations. By having a divine guide one benefits from the best conditions that could be offered in this world. Our aspirants are privileged. Do they realize it? A living Master is not given to all seekers. This opportunity will not recur eternally in our way. This pivotal period for humanity required such a favour: a succession of incarnate Masters in the service of men, ready for a process suitable for present times. Their blessings will keep covering this world.

Tuesday, September 7, 2004 - 10:00 AM It is good for the aspirant to carry on his process while recalling points that are essential to the evolution of a being. We consistently come back to most of them, with a view to raising awareness: the flash that is likely to make light spring in them. A human being is like that: he advances in stages, he grows spiritually step by step, and this quest must be based on a teaching able to touch him at the right moment. This process is slow and adjusted to the predispositions of anyone who can find in our way an answer to one's aspirations. This spiritual process is not humanly obvious, hence the need for confidence and surrender. To have a spiritual Master, a divine guide, is an achievement. All, subsequently, takes on another dimension: the road is mapped out and work can be done safely. While advancing in the way, these concepts become less abstract for the abhyasi. The burden becomes lighter through cleaning and transmission, thus refining the sensitivity of our brothers. They are advancing while releasing themselves from superfluous and useless aspects. Beautiful is this way ennobling the soul in view of the great journey, whose goal is taking shape with small touches skilfully and with time. This quest is the most glorious. It cannot disappoint; God provides for that, His splendour is conquered with perseverance in view of the final apotheosis.

Wednesday, August 4, 2004 - 10:00 Am

This son so dear to our hearts, your Master, my child, is opening up a luminous way on Earth, by brilliantly carrying the torch of the Mission. He is giving his life each moment for it, by always doing what is necessary. Problems are ceaseless and inevitable in this world where nothing can be simple, even in a milieu with a high spiritual goal, as is the case. To face up to things is the motto of the Greats, even more when they are supported by grace. We surround him with our love. He knows it and this strength will help him until the end. A well-deserved rest will then take place when an assessment will be made of his action, which will reassure him completely. Other tasks will be awaiting him, as there is no eternal rest, especially for beings of his stature. That will not happen tomorrow; his presence in this world is indispensable, his mission therein not being finished. Lassitude is only human, wishing to leave this Earth is understandable, but the moment for him has not come yet. In the years to come, the Mission will continue its action in the hearts of men; many are ready, it will literally be soaring in a more and more troubled and confused world! Only spirituality will still offer prospects for a possible future that will blot out the memory of the hard and pitiless law of the material world. Men being prey to doubt and especially to fear, will turn to the supreme forces. Isn't God the only refuge in desperate moments! So has He been for many from time immemorial. May faith and love conquer all hearts.

Thursday, May 27, 1999 - 10:00 a.m

If there is only one flower in a garden full of weeds, that is the one to look at. Likewise, try with one of your brethren: focus on one of the positive aspects of their personality. Do not bring them down further by always seeing only what is wrong with them. You would be committing a bad deed. Study yourselves very seriously. This is difficult to achieve, but it brings you satisfaction and is beneficial for them. Be assured that this method bears fruit. Human beings are able to improve. This is all they are actually yearning for. They hate themselves in the role of bad guys. Being considered like that drives them deeper into their problem. In this area, parents also have a role to play, and an important one. So many children retain throughout life a complex, having been mocked, misunderstood, and punished for a fault that perhaps would have been corrected with a little understanding and discernment. The parent-child relationship generates persistent karma. If you have experienced similar situations in your childhood, you can understand. You must absolutely free yourselves from these and not harbour any resentment nor any bad thoughts, for your well-being. You are and may become parents yourselves. The task is not easy; it is a hard lesson to be learned. Fortunate are those who manage. Nothing is simple in this world. Always try to do your level best, in agreement with your conscience. The lives of human beings are influenced by their childhood. Failing to understand, one should love; it is the only remedy.

Thursday, August 5, 2004 - 10:00 AM

Don't give up, my daughter, you always fought courageously. We support you in this struggle where you give priority to serving as expected of you. Escape toward other banks where the beauty of the place touches your heart. Here is peace and harmony that are sorely lacking here below. Look towards your Master, he also has his own ordeals and feels alone in this world. It is the lot of humans and although he is exceptional, he does not escape the rule, we have all gone through that. Staying on Earth is mandatory. It was not so for him. Beings with a mission are released from this obligation. To come and help humanity is to serve at the highest level and contribute to its elevation. The vocation of Sahaj Marg lies precisely there: its action is part and parcel of this great redemptive movement being offered to today's man. Will they all manage to benefit from it and seize the opportunity being offered to them? We cannot decide on their behalf. Many souls are ready, and this fact is reassuring. This century will be decisive for the future of humanity: it is as ever at a pivotal point of its history. Everything is looking conducive to the fulfilment of divine will. May they transform this world as planned for. Let us continue to work in this direction in the roles being respectively assigned to each one. To serve is to live life to the full, in compliance with divine laws and by maintaining in oneself love and confidence without which edifying acts cannot be accomplished. An endless chain connects these souls who have offered up their life to a great cause, the only one that is really worth it. Blessings to all.

Thursday, August 26, 2004 - 10:00 AM

Cultivate joy in yourself; consider only the beautiful, the main reasons for an incarnation and the purpose of all these necessary experiences for human evolution. See the light within you, which is bringing hope, and fostering the aspiration of the soul to rise. We are repeating the same thing tirelessly; it is judicious to do it that way. In terms of spiritual practice, the exercises are being repeated each day, along with all that is meant to reinforce them. Our long-standing aspirants also need these repetitions and the repetitions of the same movements, the same words influencing their action, within the very framework of our teachings. That is precisely what helps an abhyasi in his process: he finds again reassuring habits, easily putting him in tune with his Master. This ritual being well established, one has then to work in the best conditions that are re-created each time. These repetitions are not useless; they correspond to the needs of this world where everything is renewed constantly, creating life up to its highest expression. A well-led spiritual process cannot lead to lassitude; on the contrary, by strengthening the being, it motivates it in terms of all the actions of its life, thus enriching a personality that is perfectible in all respects. Practice builds a being beyond the limits of this world: that fact must be taken into consideration. If they keep it in mind, our brothers will be able to realize that our repetitions are useful for them and do reinforce their determination to progress.

Tuesday, April 18, 2000 - 10:00 a.m (V) No one is betrayed. You are moving in a given direction with different helpers that converge to better achieve the final goal. We act in concert, in full harmony. Let yourself be carried by the divine flow. It knows its destination, nothing can divert it. While advancing, the pace accelerates and all resistance is useless. The power of attraction is irresistible and the aspiration of the soul grows with it. This state cannot be described, it can only be experienced, that's all. Our communion is intensifying. We must tune our vibrations, as we would do with musical instruments. This work is meticulous. We are only playing the prelude before reaching harmonic heights that will delight your Beloved. This, while failing to make you understand, will make you dream.

Monday, August 9, 2004 - 10:00 AM

You know, not everything can be said here; our comments must currently remain within acceptable limits. The essential has been sufficiently underlined throughout these messages, so that our aspirants, if they actually want to take the trouble to read us, are motivated. One day we will be able to assess the impact of these messages, when they have perused them. After having been surprised, the most open-minded will be able to benefit from the quintessence of this teaching having a special impact on the psychic centres, with a view to harmonizing them vibrationally. The power of the words is not illusory; it is an important aspect in any esoteric teaching. Our brothers, if they do not know it already, must progress in the knowledge of these phenomena, which are not usually mentioned nowadays. In the future, this aspect will need to be further addressed in order to facilitate their comprehension of it. The Mission is growing within the framework of this broadening of consciousness that is taking place imperceptibly in the hearts and fostering another position capable of giving them enough support. The work being completed in our way is in line with the tide of history of a humanity having reached a point of no return. Imperatively, it must advance under penalty of being lost. We are trying to help our aspirants with all the means we have. They have the essential elements for enabling them to attain the goal; we are seeing to it. Our action in this world is important; the future will tell. May all be enlightened and strengthened in their search.

Tuesday, May 7, 2013 - 10:00 a.m. Every day is an opportunity to grow, to move towards the goal. Nothing should be overlooked; everything is counted and constitutes a person's path. We are not asking for feats and asceticism, but for a sincere commitment of the heart, perseverance in practice and total respect towards the Master who is fully dedicated in his commitment to this beautiful Sahaj Marg Mission. It is up to each one to see and appreciate what they are offered and what they personally derive from it, even if the surest effects are not always visible. Nothing is lost, and everything is possible under our blessings.

Sunday, August 1, 2004 - 10:00 AM.

These messages are imperceptibly evolving in terms of their contents. Their comments are different. They try to make a breach in the conventional speech, which our aspirants are used to. To advance is also to open one's mind to the reality of a particular time; a backward- looking attitude would generate stagnation in relation to the foreseen evolution within the framework of the new era. This pivotal period of history makes it possible to seize opportunities being offered to humans, especially with a view to conquering the Spirit with the current and underlying openness which expects only to blossom in a reasonable context complying with the eternal truths. To guide our brothers and to enlighten them, as far as possible, represents the challenge that our Mission has set itself. Great changes in the history of the world resulted in the emergence of new teachings in relation to the vibratory amplitude of the moment. Evolution on Earth took place by degrees. Very strict principles are the cause of all changes, and today's man, in spite of knowledge acquired over the centuries, cannot understand it. Humans are both avid for discoveries and innovations, and timorous before a reality concerning them that is likely to disturb a peace of mind they are attached to. Our way also will go with the current. How could it do otherwise? It will not change its fundamental elements. It will adapt to new times, as everybody will have to do. Refusing the obvious would not be in conformity with its spirit. May all our brothers open their minds when the time comes for the redemptive current of energy which they will benefit from within the framework of this change.

Friday, July 30, 2004 - 10:00 AM

In the heart of the worlds is bliss; this heart is also in you, it rests with you to discover it and to only be as one with it. It all holds together. Everything is interwoven in this vast universe both multiple and unified. A well-informed man searches for the thread leading to the source of all truths; it is not so far away from him as he believes. Would he strive to search for it, wherever necessary, if he could possess this truth? Many people make this effort, but look in the outside for what is within them. How can they imagine that, when they flee from themselves most of the time, attracted by all that lives and moves around them? That is how a human being is: like a slave of his own senses, he spends his life serving them. Closing the door on this external world and trying to interiorize oneself requires some wisdom. Child, you who understood where the wonder is hidden, will you push open the door that can lead you to the goal? Thus the great sage can talk to his disciple and let him glimpse where the treasure is concealed. 'Many are called, but few are chosen'—so read the Scriptures. The way is arid, only strong and determined souls can succeed. Sahaj Marg is a way, a means being offered to humans capable of taking interest in it, and seizing the opportunity being given to them of advancing on this narrow way fraught with obstacles. Many will succeed. Wasn't it given to the world in response to a profound appeal characterizing dawning times, in view of a radical transformation? We will be more than ever in the heart of this vast movement that brings hope and liberation to this humanity grappling with the pangs of evil. Let us all work together, united in the same spirit, high and pure, in the service of the multitude.

Friday, April 21, 2000 – 8:00 a.m. V: It is the vacuum in you that allows our contact and our action. The place must be conducive to our 'heart-to-heart'; this formula is no stranger to you. We do not want to add to your tiredness, but to help you, and this you do understand. We are saddened by what you have to endure. Our preferred medium cannot let go. We know your ability to react, we have projects with you and you cannot give up. M: There are moments when enough is enough; therefore, help me, please. My body is weary of enduring so much. It is a difficult passage, you will recover your dynamism. Your willingness to serve us and your desire to do well are such that everything will return to normal. The birthday of our 'Beloved' is drawing near. Preparations are well underway, given its scale this year; we are happy about that. Prepare yourself for the event with all your being, all your heart, to celebrate the day that saw the birth of such a Great Soul.

Friday, August 6, 2004 - 10:00 AM Cut yourself off from the outside world, as you should! Calm down your mind, offer your heart to transcendence, and we will be able to open the book of life, that which does not belong to this world. It is the subtle bond connecting our hearts; you have long learned it and you perfectly control the situation. You write what we inspire you to. 'The pencil' does not race by itself across the page; you transcribe our comments, without appropriating them, by respecting their spirit. Once again, that had to be said: as you are fully committed to this work, you are the soul of it, my child, therefore you can comment on it. Worlds communicate between themselves. On Earth, few humans have the faculty to use this kind of means. We are using them to make our way benefit from it; nothing should be neglected in this area. Many claim they can hear voices, but they are often misled into unfounded rantings. We do not want here to encourage this kind of delirium. Real perceptions will be given to the beings populating this Earth in a distant future; we have not yet reached that stage. Let us content ourselves with making use of what is right and good for our brothers; all means are to be taken into account, to allow them to advance in knowledge. In a few centuries, this period of the history will seem quite dark. It is not possible, in the present state of affairs, to accelerate this upward movement. Our brothers have however the opportunity to work towards their evolution. They can do it and we are helping them. Their Master is growing in power, his action is three-dimensional and he opens up the way to them. It is up to them to follow it with ardour and faith.

Thursday, September 2, 2004 - 10:00 AM By devoting one's life to service, one also receives. These exchanges are done subtly; this secret alchemy operates in the hearts, where reason has no relevance. Loving is above all surpassing oneself by giving one's best. How can one better express it other than by offering oneself to divine service! There, it is better not to restrain oneself, but surrender and go with the flow, without seeking to understand what will be the outcome. This flow is not necessarily quiet; it obliges one to circumvent obstacles, sometimes numerous but not insurmountable. All has its *raison d'être*: the good as well as what can seem bad. The divine power makes light of obstacles; it uses them with the idea or view of purposes which man cannot understand. Caught in the fetters of matter, confined in his narrow view of things, he passes ridiculous judgment on all that surrounds him, including on himself. When will he realize how very deceptive his views are? Only surrender can make him progress in this direction and admit that a higher authority is leading the world. Then will start for him, a really constructive process. He will beware of appearances, refraining from passing judgment on everything and nothing. This habit of judging is deplorable and our faithful aspirants must beware of it, on pain of slowing down their work. They have already enough to do in terms of that work, if they really want to take the necessary steps. May our brothers advance as per our wishes, released as much as possible from the constraints of the ego which makes them see especially the faults of the others before well apprehending their own. May they all be blessed and enlightened to that end, tolerance being an invaluable asset.

Thurs, April 22, 1999 - 8:00 a.m. People of your time are continuously tense. Stress generates disorders at all levels. How better to manage it and rejuvenate oneself than by putting oneself in harmony with the Creator. Balance yourselves by calming the mind; control it through meditation. It is not the enemy, but don't let yourselves be overwhelmed by its ramblings. It is like a spirited horse that you can control. Put it in its place; it should not lead you any more and devour your energies unnecessarily. You have better things to do. Focus on the things that seem important to you to get the best results. Calm things down; avoid getting trapped. Try to be at peace with yourselves; that can change your lives for the better.

Monday, April 5, 1999 - 10:00 a.m. You will have all the joys we will be able to bring you. There is love around you. You are forgotten neither by humans nor by us. Humans have 'things' to do which they believe to be important and they are not always available for assistance when needed, but that does not matter! Don't you have your secret garden where you can marvel at the colours and the scents, and become intoxicated with the divine nectar? Don't let these waves of melancholy tarnish the harmony of the place. Who can bring you similar joys in this world? Taste the exquisite delight of Sahaj Samadhi; one can only live it, it cannot be described. Be delighted in him, my child.

Monday, August 2, 2004 - 10:00 AM

Great upheavals are prepared very long beforehand. That is how it has always been since the beginning of time, not only on Earth, but also in the entire creation where nothing remains permanent. Man, like a will-o'-the-wisp, is following his path here below, continuing beyond that which must be for him in the great set-up relating to human nature. Creation has so many wheels that they cannot be analyzed and understood by the creature, whatever it may be. It will indefinitely remain mysterious. The divine power cannot be measured; it is prodigious and imposing, commanding respect and total devotion. When man understands wherein lies the necessity for his acting with a view of his liberation, he finds by himself the way intended for him. He must first of all become aware of his smallness, and grow in humility and wisdom. Otherwise the doors will remain closed to him. To have a Master on one's road means that one has already come a long way before meeting him; 'When the student is ready the Master will appear,' as they say. That is the way it goes. Our fervent abhyasis, in spite of their weaknesses inherent to mankind, were ready to reach the feet of the Master, as was inspired by pious and very fervent beings. That is a great privilege in this life where all the rest is mere illusion, swept away when the being incarnated on this Earth has breathed his last. In that moment everything takes on its full meaning for him. How will his future be beyond this life? Another mystery peculiar to the destiny of each one, which it is wise to think about from now on, in order to better consider the future.

Saturday, May 29, 1999 - 8:00 a.m.

M: Is life on other planets as hard as here? B: It all depends on the ways you have all travelled. You go through periods of rest after each incarnation. They enable you to take stock of your evolution as well as what you have achieved compared to the programmes pre-planned for you. We will not give more details on the question raised. Your free will often makes you go off track. You have very good intentions before, but often there is such a waste afterwards. By deviating from what was meant to be, you call into question the plans for your evolution. So many times you have to start all over again. Some people do not depart from the plan and advance much more quickly, which makes us happy. Your shortcomings are so deeply rooted in you that it is difficult for you to detach from them. This is why we insist. We revert to these same subjects all the time, at the risk of boring you, but please understand that we do not delight in criticizing your behaviour. We love you; we are touched by your complaining and your desire to advance. But you so often behave like children who always do the same silly things and who do not want to recognize it. What to do with you? You do not like criticisms, your egos do not stand them and yet you would like to become saints? We try to give you the manual; it is up to you. You must at least help us in our work. Even a high-level Master cannot bring you to perfection by waving a magic wand. It's up to you to put in enough efforts; we will do the rest. In that, like elsewhere, nothing is obtained without effort. Help us to make of you heroes, freed from any hindrance and ready to soar towards sublime heights.

Monday, July 11, 2005 - 10:00 a.m.

The divine energy is in you; it suffices to judiciously receive it through a process capable of harmonising its manifestation. A spiritual Master with a high level of realisation works in this direction. Your surrendering to his divine capacities makes this work easier. A specialist in any area requiring special capabilities is sometimes referred to as a master. With regard to a spiritual way, this is an area where there is a particular need for a guide. Through his high competence, the living Master is empowered to oversee the work necessary for the evolution of the aspirant. When the seeker has really understood the meaning of this involvement and if he accepts it, a fruitful work can then start. Surrendering to the Master occurs in stages. As progression helps the aspirant better grasp the spirit of his process, he adheres completely to this principle. It takes time to understand the need for guidance like this. As the ego recedes, a true Master-disciple relationship can be established and become productive. All this is known to our abhyasis, but have they really integrated it into their deepest beings? Barriers must be raised one by one and lead to a more refined perception of the divine presence in oneself. The change takes place slowly, but it is effective. May all our brothers and sisters completely engage themselves in the wake of their Master, on the way to knowledge and the realisation of the divine being.

Sunday, May 30, 1999 – 10:00 a.m.

M: Although I belong to the lot, Babuji, your humour delights me; I will watch myself all the more. You can do so, but you are not the greatest concern. Humans are born actors – born to play in a large-scale theatre production where masterpieces are performed all the time. The biggest theatres in the world are only playgrounds for amateurs. The human comedy cannot be replicated within the limits of these enclosed places, however gifted the actors may be. Nothing can match the natural, that which expresses itself among you all every day, across every genre being represented. The specialized critics who take up their pens, comfortably installed in an armchair, at the expense of their fellows, earn their living easily. They too are characters of this immense tragicomedy. Vice and virtue take on their true meaning only in reality. We will finish on a more optimistic note about humankind. Many beings of great merit struggle all their lives to help the next person. They act with conviction to change the world. They often go to the limit of their strength to bring about changes at all levels – in national and international laws, with a view to helping humanity, as well as in many other areas. They are admirable. There have always been such exceptional beings, but they seem more numerous now. The collective consciousness is awakening slowly, but a path is made, in the right direction. We support them in their actions and we bless them and all of you as well. Open your eyes, go beyond your small persons, there is so much to do! That's all.

Sat, Oct 23, 1999 – 10:00 a.m.

There is still a long way to go before order, peace and harmony can prevail on this planet; you all are pathfinders. It is up to you, through your behaviour and your words, to sow the seeds of this wisdom to which the world aspires. See yourselves as bearers of this divine seed. Cultivate beauty within yourselves so that it is reflected on the outside. Become luminous points that attract your brothers and sisters who are less fortunate than you in this area. For that, there is no need to proselytize. Your attitude, your serenity and your inner strength are enough to impress your fellow human beings who are still searching. You all belong to a path where you find spiritual blossoming. It is bound to manifest in many circumstances, through reactions made wise by the mastery provided by your sadhana. Participate with full awareness in the advent of a better world.

Sunday, July 10, 2005 – 10:00 a.m

My child, forget the inevitable vicissitudes of this world and lift up your thought. See only the beautiful, the unique, the Divine in its purest manifestation. May your soul be fed at the source, that which gives life, eternal in the absolute. This speech will be repeated tirelessly; no other speech could be given to man, grappling with the throes of his Earthly existence. All the nice philosophical theories sooner or later come back to this statement, to becoming effectively aware of the divine power leading human beings to a new dimension in their process. This step is decisive and critical. Little by little, the doors of knowledge will open to him, and according to his ardour, secrets will be revealed to him, those capable of strengthening him in his quest for the Divine. This real aspiration of the heart does not result from man's natural curiosity. It lies far beyond; only the divine being can inspire it and make it grow according to the innate aptitudes of the seeker. Certain paths are followed openly; others are followed in obscurity and the silence of the heart. All, sooner or later, achieve the same results; only a fervent faith motivates them and fulfils their wishes. Is there anything more beautiful than the progress of a soul offered to divine love? It gives strength to the weakest, and to those appearing most destitute, it gives the capacity to surrender completely to the divine will. All is so simple. Actually, the aspirant must calm his mind and find the key capable of opening the holy door for him, hence the simplicity of our method. The wisest have understood that the secret was there. Others continue to seek complicated formulas, satisfying their intellect. Happy are those who can put things in perspective and offload useless aspects. May they be blessed.

Tues, July 12, 2005 – 10:00 a.m. The channel is open. You hold the key, my child. Love is the key, in all its expressions. May your heart sing it in every way possible! It is the only worthwhile remedy; it sweeps away your fears and doubts and makes you stronger and more lucid when listening to us. May all our brothers understand where the secret lies! It does not lie in speeches or in complicated formulas, pleasing people versed in rhetoric and carried away by hollow sentences. Only the simplicity of the heart, innate or recovered after many wanderings, can meet the profound aspirations of the being, in terms of its eternal aspects. A journey on Earth is short; it is an opportunity given to man to grow and find his true way, that which connects him to the Creator of all things. He seeks far away from himself what is within, preserved and immutable since it is of divine essence. Carrying a treasure without knowing it, he is sometimes dazed by unhealthy pleasures and neglects the main thing. The way is long; it can be painful, depending on the obstacles to be surmounted to reach the goal. Our speech is repetitive and simple, like any substantial food necessary for life. To revert to the essentials, to simplicity – this is what our speech is meant for. Words have their own vibration; they are carriers in spite of their insignificant appearance, and many readers will feel this. These writings carry life; it is up to each one to discover this and to benefit from it. Blessings to all.

Fri, May 28, 1999 – 8:00 a.m. A person's life is like a building being built stone by stone. The foundations are important; the solidity of this house depends on its concrete base. If, as we have already told you all, the base of your life was not properly shaped by your education and the people around you, you should remedy this by developing yourselves soundly. To advance in a spiritual way, you must feel light, free of traumatizing events that marked your beginnings in life. You must wipe the slate clean. Only what you are doing now matters. What you have done is behind you. You must 'remake yourselves', become little by little the person you wish to be. The help of your Master will be precious for you. Call him in your heart; entrust your life to his care, as well as your desire to become a determined aspirant, strong in the face of adversity, a new and spiritual being above all. Armed with your faith, your growing love for him who follows you step by step, you will go on your way. Be happy to reach this stage of your existence where after this deep cleaning, you can make a fresh start. Hold the reins of your mount and advance joyfully under our protection.

Friday, March 20, 2015 – 10:00 a.m. Can you truly imagine the impact these messages have in people's hearts? Surely not. A written text travels across time; it leaves its mark when so willed by the higher powers, as is the case here. Centuries pass, minds open up and teachings change – this is normal. Teachings should therefore be adapted to present times which are heralding substantial changes necessary for human evolution. How to touch hearts and lead them to an awareness of a reality that is impalpable yet effective? A refined being advances in his or her perceptions, and these lead the being imperceptibly to the Ultimate; there the veil of illusion is lifted to reveal the effects of divine splendour. How can the human being imagine such splendour? In the current era, the perception of phenomena is still limited. It will take time on Earth for knowledge to reach the final stage. All that we are giving in these messages must be known to our abhysis; are we not able to judge what should be done for the welfare of all our aspirants? Their number is growing in the world, and this is only the beginning with respect to what it will be in the future when true knowledge will deepen. The vibration of these messages is not yet fully perceived but is touching enough hearts to make us happy. May time bring true knowledge on this Earth; such is our wish.

Wednesday, April 12, 2000 – 8:00 a.m. The Venerable: Why would you like to know more about esoteric laws? Is it so important? Have you fully understood, fully assimilated, all that we have been able to tell you since the beginning of our contacts? It seems to us that it is necessary to look back over things; it would enable you to take stock. Over the years, you have collected a considerable amount of information. This kind of teaching takes place a little at a time. One must know how to read between the lines, with the heart, so that each cell of the body is imbued. It is not an ordinary reading, like a novel for example, which can leave nothing or, at the most, a mere memory. All that is said in these messages must be infused slowly into the mind and the heart in order to be transcended. It is a spiritual food, which must make its way and imbue the soul. It is better to proceed slowly, at a human pace; you must be content with this process.

Saturday, March 21, 2015 – 10:00 a.m. You carry that love within yourself; it is a valuable conduit that transforms one's life. What would life be without it? A long series of ordeals, with no foreseeable way out. Such a process is a divine gift and service brings it to mind. Devoting oneself to a beautiful spiritual path is a blessing that provides many true joys – joys that are lasting and not illusory like those existing on Earth. Indeed, these messages have their *raison d'être*, and time will confirm this. All of us here are working for the welfare of this world. The Mission of Sahaj Marg is a sacred enclosure, and it particularly holds our attention. Each of our brothers and sisters has a special place in it; no one is ignored, even if we have no magic wand to transform ordeals. So must it be for everyone. The laws of karma are necessary for human evolution and cannot be circumvented. Our main action takes place at another level where effects are very significant and cannot be evaluated in human terms. Long is the path of progress. All that lives in this world is rigorously subjected to this evolutionary principle and the rules of the world. Our action runs parallel to all this and conforms to divine laws in a particular manner that is recognised and appreciated. Everything is geared towards what is good for our aspirants. Not all are aware of it, but they acquire that which is essential. Personal commitment is important. As we have said often enough, we cannot force anything, but only answer according to the call. In this way the best can be accomplished for the welfare of all.

Wed, July 13, 2005 – 10:00 a.m. We still have some way to go together if you so want, and especially if you can manage. Your heart is willing to follow us. It is unfailing and this is what matters in this special relationship where commitment must be unfailing. My child, your heart never waned; your constancy in serving us has been maintained up to the present only by such a bond of love, which motivates it. Great figures that influenced the spiritual life of this world belong to this category. Love, this energy that is so special, acts in the secrecy of hearts. It is constructive, much more so than the force applied by statesmen, which ultimately does not settle any dispute. Problems come and go, but neither hatred nor the need for revenge is abolished. Conflicts on this Earth are permanent because of the thirst for domination, this persistent interest that is a major component of men. If they reached a higher level of consciousness, they would be able to see through these behaviours, which stem from a lack of evolution and awareness of good and evil. In the present state of affairs, nothing will be resolved nor will violence be curbed; it is escalating dangerously and will reach its climax in the times to come. On the other hand, beautiful spiritual forces will keep developing. Many souls thirsting for the Divine will leave their mark by their future achievements. This aspiration to an intense spiritual life will be satisfied, as it is in line with the new era. Before that happens, miasmas of the current world will have to give way to beautiful creative energies of good that foster the expansion of consciousness.

Thursday, March 19, 2015 – 9:30 a.m. The heart determines all life and holds secrets of which the human being has no idea. Everything is decided in this sacred place, since destiny etches its law therein – a law that has been decreed by the Divine. Our action is applied to it, operating on specific points that have until now been generally ignored. This action supports spiritual growth. So many mysteries remain. Being so very fixed on present-day life and its exaggerated materialism, are human beings ready to truly progress? Beautiful souls are advancing; they know how to take advantage of that which is offered them in the field of knowledge. Many of our abhyasis would like to go further into such knowledge, but certain limits are imposed; diligent practice and definite commitment ensure a satisfactory spiritual progress. Each one progresses at his or her own pace, although in some cases it is possible to speed up the process somewhat. Our way attracts beings who thirst for the Divine. They desire a significant advancement, and this usually comes about. Although simple in appearance, this method produces good results when it is appropriately received. We are gradually advancing on this path, where knowledge is broadening in such a way that it can be grasped in this present stage of human evolution. It is up to each one to focus on what is essential and to open his or her heart to our continuous action. Only the abhyasi's call determines the intensity of our action. To all, we wish the most favourable advancement possible. Special blessings.

Saturday, July 16, 2005 – 10:00 a.m. Offer your heart ever more generously. Do not set any limit on it; in this field there is no limit. This kind of love is the salt of life in its purest esoteric expression. How can humans be made to comprehend its reality, which completely surpasses them? And yet for them, all is summarised in this statement. Avenues are proposed to motivate them in this direction. These are pretexts, shall we say, to make them understand the true meaning of their spiritual process. Actually, all can be summarised in a few words: to love, to love infinitely. By responding to the attraction of the Divine in this way, one follows the fast track; there is no other. Approaching a spiritual process with a dry heart is not the best way of progressing, but grace can achieve anything, including transforming it. To calm one's mind, to seek one's way inwardly, that which rises above this material world, and to sweep away whatever obstructs this progression – this, in a nutshell, is the purpose of our way. Its action is actually much more complex and effective, but it originates in the mystery of faith, which man, with his current limitations, cannot grasp. By opening one's heart unrestrainedly, one places oneself in the best condition to receive this food essential for the progression of the being, in its most subtle essence. This parallel life develops without the knowledge of the seeker. It is up to him to open the doors as widely as possible and to let the salutary wave of redeeming energy flow in.

Friday, May 21, 1999 – 8:00 a.m

The Earth has its own laws. They cannot be understood by you all. They are beyond your comprehension; we have already touched on this subject. Your incarnations on Earth correspond to a stage of your evolution. To perfect the work, it is necessary to go through all kinds of situations and personas with different facets. This way you have the opportunity to work on your weak points. Sometimes you miss the chance offered to you to advance; you will have to start over again and again. The great sages too have had incarnations as brigands before reaching the state of 'perfect'. How much dross had to be cleaned off to arrive at this stage! A bloodthirsty dictator also will have the opportunity to come back as a benefactor of humanity to settle his accounts. It is not as simple as that. These are, by and large, the possibilities offered to humans. But how long will it take him to reach this stage? Divine laws are always just. There is no definitive classification, with good guys on one side and bad ones on the other. Where then would mercy, forgiveness and divine love for all His creatures lie? Any soul can evolve and redeem itself, otherwise we would be in a sad situation with all the human defects. Who is perfect here below? Each one must have a chance to transform themselves to reach perfection, even if it takes a great many lives to get to that point. Never be judgemental; pray for all your brothers and sisters without distinction. All these rules are beyond you all, your views are much too limited. Worry more about your own life than that of others. God's purposes are unfathomable. Do not meddle in them, all will be well. You have enough to do with yourselves.

Thursday, July 14, 2005 – 10:00 a.m.

Love, compassion and forgiveness are the foundations of a true spiritual process. Maintaining a judgemental attitude and grievances considerably curbs one's progress. To divest oneself of useless aspects is to remove, from within, that which is undesirable. Divine love must find a clear place in the hearts where it can settle and develop as it pleases. This concept is fundamental. The future era will establish its victory in the hearts. Eventually, men will have understood where the secret of the divine life lies. The most beautiful speeches, the most elaborate essays are pointless without this unique ferment capable of transcending matter. The transformation of humanity will pass through trying stages. The being, rejuvenated in terms of his essential aspects, will be born again and will build a higher life for himself, based on divine principles and in full compliance with them. A lot of work remains to be done. Here, all the Great sons of God are united in the service of the same cause, without any distinction whatsoever. Only men are capable of harming themselves in order to impose their ideas, refusing to accept points of view different from theirs. To build the kingdom of peace in this world, to cleanse hearts by opening them up to the transcendence of the Spirit, such is the goal of this higher authority trying to calm men in their excesses of all kinds. Nothing is impossible for the divine power. Forces that animate it act in obscurity, but they are especially effective when the moment has come.

Sunday, April 16, 2000 – 10:00 a.m.

V: Love is a state that can't be truly defined. On the human level, it is about feeling, emotion, passion; it can be sincere and deep and even excessive. You ask me to make you live a state similar to this divine love; that is not feasible. The power of its vibration would knock a human being out. As you become more and more refined, you sometimes enjoy a state approaching it. Its real force would carry you away in a whirlwind out of your envelope of flesh. Therefore you should make do with the intensely profound experience you happen to go through and which leaves you in a happy state. You cannot run before you walk. Your subtle bodies are not ready to go near this fierce inferno in which your Masters delight. You must carry on, as you are doing, without anticipating. It is they who decide on everything for you.

Sunday, July 17, 2005 – 10:00 a.m.

Time is passing and your motivation remains the same: to serve as per our wishes. Your role has taken shape with the passing of years. You are our daughter, blessed and chosen for this work; that is how it is. How could we not answer the call of your heart? It is planned like that and its mission is precisely to express itself. Our relationship pertains to this level, in terms of its unique aspect: love. It is inexhaustible and we could, each day, revert to this subject, but it would be wearisome. Humans are like that: they love to be carried away, or even to delight in futile pursuits, to find a balance suitable to their level of elevation. To awaken hearts to the inexpressible joy, this is the supreme goal, for which our forces are mobilised wherever they are. We devote ourselves to this goal in all possible ways, including this one which consists in noting down on paper some truths that can, in their turn and with simplicity, touch hearts. What would we not try to do to awaken a soul to what is unique and great! The divine service offers a wealth of resources, which we use to this end as we see fit. Plunge inwardly, thirsting heart, and come rejuvenate yourself at the divine source. It is inexhaustible in its blessings; wisdom consists precisely in admitting this and being satisfied with it. Blessed are those who have understood this and who are progressing each day a little more towards this sublime source. We support them according to our divine principles and constant blessings.

Wednesday, July 6, 2005 – 10:00 a.m.

My dear child, do not always expect to be understood by people around you; your access to the world of the Spirit gives you reference points which others do not have. Continue on your road here below, surrendered and trustful in us, as you have always been since the beginning of the story of these messages. It is being structured in time and space. See how my son is laying its foundations; only he could do it, as his spiritual dimension places him on a level respected by the most sceptical of our brothers and sisters. By taking a stand supported by judicious arguments, he defends this cause with competence and his usual ardour. This ardour supports him in the most delicate actions that he carries out and is akin to the ardour of men who influenced this world. The brook cuts a path in the arid soils of the world of ignorance. These writings do not constitute a literary work, as pointed out by some of our readers whose approach to them remains superficial. Regardless, these messages introduce into our way the beginnings of a spectacular progress, from which it will keep benefiting. Simple sentences and the apparently most insignificant arguments can yield the best effects in the souls that are well prepared to feel them. Remain serene, my child. Anything done out of unselfish love, which is your case, is blessed by the gods. Surrender to the divine heart of your Master, he has full power to glorify yours.

Tuesday, September 6, 2016 – 10:00 a.m. (HEART) Find within your heart a space of peace and Love, this very strong energy that carries you every day in these remarkable contacts. These messages are not ordinary. They emit a special vibration that will take on its full meaning in the future. The world is preparing for unprecedented changes; there will come a time on this Earth when everything must evolve significantly. Stagnation does not lead to anything good. So much violence and negativity are spreading here below that they affect and disturb at levels where they should not. Our Mission has a role to play on various planes of consciousness; we see to it that it provides the best in order to meet the expectations of the higher powers. Everything in its own time. Let us continue our action in the direction of what is good and the expansion of consciousness, so that humanity can one day be transformed and access the best. Blessings to all.

Sunday, March 22, 2015 – 10:00 a.m.

Life is like a long river, sometimes agitated, sometimes calm. It is fed by the passing of time and the multiple aspects that characterise it. Advancing in that knowledge which concerns us here is a vital asset that is essential for human evolution. Some beings are more able, more inclined than others to overcome the limits of materiality. They have within themselves a call that they cannot always assess effectively, but which ends up prevailing. Thus a seeker finds his or her way. Sometimes, after several unsuccessful attempts, that which has been planned, and which meets one's deepest aspirations, does present itself. Numerous incarnations are sometimes necessary for the truth on this very important aspect to become apparent. It should be considered as a priority, which does not mean neglecting one's stages of life on the material plane. Sooner or later the destiny of the being becomes clearer and brings to light the path he or she should then follow. "From life to life the history of each one unfolds. Some people are more inspired and motivated than others to follow the path, the one that is crucial for their personal evolution. It can take time and suffering for the truth to appear to humans, whose eyes are blinded by many aspects of the material world – a world that is confused and negative in many ways. A mystic manages to make sense of things and to respect the laws of karma in its daily complexity, setting aside the necessary time for mastering the sovereign Spirit in its aspects that are positive and decisive for all. May our brothers and sisters unite and move forward in the attainment of celestial bliss.

Saturday, April 13, 2002 - 10:00 a.m.

The Venerable puts it extremely well: the day you are ready, the revelation will dawn in you. The goal of our teaching is to prepare you to receive it, and not to give you subjects for essay writing – which would not be useless, but which would not hit the true target. Popular knowledge books lie on the specialised shelves of bookstores; so many books are devoted to this. "What we are doing here is of a different nature. Only your heart can appreciate this difference. Seemingly insignificant sentences touch you in the depth of your being without you realising it. Man always expects novelty; it is normal. We all went through that stage, seeking information capable of making us understand the universe and our role therein. Where we came from, where we are going, the secrets of the beyond, who is God, where is He: these questions always remain the same. Human beings will keep asking them as long as the world exists. None of them can penetrate the true secrets – which will yet remain outside his reach for a long time.

Thursday, December 30, 1999 - 8:00 a.m.

At this ending of the century, we would like an appeal to be made on this Earth to men of goodwill that consciousness awakens. How can one speak of progress under the current conditions where 'man is a wolf to man'? [Yet] the wolf is a wise animal species compared to the evil which man can do and the destructive means he shamelessly uses to destroy anything that resists him. We are deeply affected by this situation and we cannot check this devastating wave. We suffer from the suffering of so many men, women and children who undergo atrocities. How is it that the human being has reached such a stage? He will have to see this escalation through and the destiny of the Earth will have to be accomplished. The future is no bed of roses, we have said it already. If you must go through these difficult times one day and be distant from one another, separated by life, try to remember that the unity of heart must remain in this spiritual way of yours, which nothing, not even time, will be able to endanger. You will have to cling to this view of things.

Saturday, September 4, 1999 – 10:00 a.m.

M: Babuji, tell me something. I need to hear you. Yes, my Beloved, these comments are the best of all therapies; this soothing and divine breath refreshes my soul.

B: Yes, on one condition: no censorship. For us, you are a rare being, even if your behaviour in everyday life lets nothing of it show. We breathe in this exquisite perfume your heart distils. It is good and restful for us to come and bathe in this fragrant and loving place. Is it something like that you wished to hear? We are getting closer and closer, my child. You, who enjoy being in the shade of my shade, as you say – that shade may well, one day, actually put you in full light.

Sunday, November 22, 1998 - 10:00 a.m. *

M: Babuji, I would like to be at your feet and remain there forever. O Babuji.

B: So, you do not want to serve me any more? You forgot all that I told you on the issue. Meditate again a little, clear your heart of its torments, we will resume afterwards." (10:30 a.m.) Remember the 'star'; plunge into its light, you will find me there. One day, when you are with us, you will realize the narrowness of the views of humans. They believe they are so strong—all these 'scientists'. The evolution of the Earth, compared to other planets, is still in its infancy. In fact it is in its first tentative steps. But all that is devoid of interest, what matters is only the spiritual progress of the beings, including yours in particular. Don't lose hope, as is the case now. Don't make any hasty decision. Don't let yourself be influenced; find an immediate solution. Continue as much as possible to hold your small meetings. They are important for each one of you. We use each tool in a different way. Octave has done a good job; he is very sincere in his process, thank him. Yes, my child, we are here. Don't say that you are abandoned. You know well that it's nothing of the sort. Be strong and determined to progress further and further. At the ashram, also, we are advancing step by step; unity will be rebuilt gently. We bless you as well as your close relations.

Wednesday, March 18, 2015 - 10:00 a.m

The important thing is to love, to open one's heart to the splendour of the Spirit, that which embellishes everything and operates well beyond the material realm – there, where the best is accomplished. This world, troubled in more ways than one, is looking for its bearings beyond all human baseness. Many human beings are eager to follow a path, a spiritual way that is suitable for them. Often, after a few tries, they manage to find what suits them. In each incarnation, there are experiences that help one understand where best to go for an added experience that can be decisive in terms of the goal to be attained. Finding a truly suitable path is a grace, a blessing that deserves the unreserved attention of the seeker to ensure that nothing is overlooked that might be a source of regret. An incarnation is short compared to eternity. How many experiences are had on the way to an emerging path – one that is true and that fulfils the soul in its yearning for the Divine. Here is the real goal to be achieved; all else is ephemeral and without real meaning. One day the true goal of life emerges and quite logically becomes obvious. It then suffices to hold onto it and to appreciate it for what it is. So many people in this world wander without having a precise goal and are even unaware that there may be another place where that which is most important exists. Darkness persists on this Earth; we act in order to bring humans to this collective awareness, leading them towards an understanding of what needs to be done in order for this world to truly change. Blessings to all.

Wed, Dec 8, 1999 - 10:00 a.m. In certain circumstances, a mystic must let himself be 'carried away' without trying to control the situation, which is what you are trying to do most of the time. It is imperative that you mend your ways. Your Cartesian mind always stands sentry; you should also let go of this aspect. On the spiritual level you do not belong to yourself any more, therefore, especially in these moments, you should be completely surrendered. What have you got to lose? You have had faith in us for a long time; therefore, you should realise that part of yourself escapes you more and more and that it must lead its own life, if we can express ourselves like that. You cannot be said to be whimsical and living in dreams; observers can see in this irrefutable fact the weight carried by the work you are doing for us. One must be strong to be a good medium; there are limits not to be overstepped and your balance is very precious to us. My dear child, we put you in the hot seat, once again, and you do not like that. Your reaction to the 8:00 a.m. message is groundless. It must appear in its place with the others; that is the way it goes, that is all.

Saturday, July 9, 2005 – 10:00 a.m.

My dear child, your soul inspires these messages. We find in you the ideal channel to give them shape and live them in writing. This difficult period of your journey on Earth is also the most fruitful, spiritually. It has allowed this blossoming, the accumulation of these writings, whose existence will bear beneficial fruit in hearts. Loneliness and isolation are hard to bear in your state. Our attention cannot replace a vigilant presence by your side. Think of your Master; he is more looked after than you, but he too is alone. The painstaking path of an incarnation on Earth comprises many vagaries that will occur until the end; this is inevitable. The refuge of faith is the surest one; it opens up a wide range of possibilities and many human beings do not have it. Working toward one's elevation also works in a more general framework, in terms of contributing to the quality of the vibratory level of this world. Any action in line with this has a deeper sense, escaping the individual but globally constructive in terms of the work being carried out on Earth. A human being, while developing, has a very limited view of what surrounds him and the reasons for his ordeals. There is justification for all of them, though this is not really enough to reassure him. To rise above one's physical condition is an appreciable recourse in the most unbearable moments. Our compassion is great for this suffering world, and our struggles are ceaseless to alleviate its burden. May all men and women open up to the transcendence of the Spirit.

Tuesday, July 5, 2005 – 10:00 a.m. Some of our brothers of the future and even of the present will falsely claim the right to modify the original texts of these messages, to allegedly give them a better French style. Allowing themselves this right would be tantamount to going against our will and would defeat the very principle of these writings. There is nothing to be revised. Doing so would be the reflection of an egotistic manifestation which, unfortunately, many of our aspirants succumb to. Complying with the rules of syntax, yes; the rest would be purely illusory and would open the door to excesses, which men usually indulge in. My son, and then his successor, will be vigilant on this point. The majority of holy texts underwent major modifications of the nature we have just mentioned. May our way also remain vigilant on this point: men love to leave their marks where it is not necessary. The value of these writings is not really humanly measurable; only time will give them their true place in the world of men. No matter what they do, what is built according to the higher will inevitably materialise; thus are the divine laws. May all be blessed and enlightened for the good – theirs and that of the durability of our Mission in the world, which serves the men of this time and those of the future.

Thursday, July 7, 2005 – 10:00 a.m. Love your Master, my child; this is the secret. Your bonds must yet be strengthened to go deeper in this relationship that is so special to you both. Your destinies are interwoven; you made no decision about this in this life, but thus is the higher will achieved, the reasons of which must remain hidden from both parties. Our son brings fame to our Mission brilliantly, holding well the reins capable of guiding it on the material level, while his spiritual vocation is being carried out. He will deeply influence the structures of the Mission. This period will remain crucial, as concerns the establishment of the rules governing it. Everything possible must be done to protect it from predators; they are bound to exist. A way like ours, being established in the world of men, will cause some to be disturbed as it expands among them. Humanity cannot be indefinitely confined to the same references concerning spiritual values; the evolution of human beings will lead them to look for support that is more appropriate to the time and to what they will feel inwardly. So has it always been in history. Even through force, no one will be able to oppose this expansion of consciousness meant to foster a complete change of mentalities. Time will do its work as planned. Our way will follow its path and our fervent ones will go on their way, as per their personal dispositions, coupled with our blessings.

Thursday, April 20, 2000 – 10:00 a.m V: This big ambient noise compels you to make an even greater effort than usual to isolate yourself. You see that you can do it and that nothing prevents this kind of contact when it must happen. You possess the key to this place and it is important to achieve the self-control that allows you to leave the world aside at any time. Our work is progressing without your being fully aware of it. M: I would like to know a little more about it, Venerable; I have the feeling I am going forward blindfolded! It is excellent, that's what surrender looks like. Would you come and complain that we are looking after your spiritual person? You have made choices, you have to stick to them. Are you so unhappy with our contacts and the love we give you? Then, if you are not in rebellion, let us continue to advance and you will see for yourself where that leads you. You who dreamed of adventure in your youth, isn't this the most beautiful one you can dream of, since it does not end in disillusionment!

Friday, July 8, 2005 – 10:00 a.m.

Don't let sadness overwhelm you to that extent. Let your heart put things into perspective and see the positive side of this incarnation, in spite of the trying aspects your physical body is going through. All that you are experiencing is enlightening, including this isolation which weighs so heavily on you. Take more and more refuge in the joys of the Spirit. They alone cannot fluctuate and disappoint like human beings. Think of all these writings; they will help our brothers of the present and the future, as we have said enough. The world will go through difficult times in the future; no country will be spared either the madness of men in the depths of exasperation, or the fury of raging elements. We maintain that the documents relating to these messages must be kept in various countries of the world to preserve them, including France of course. The arrangements made are judicious. What will remain on Earth after these plagues fall upon it? The refuge of faith will really mean something; it will prevail strongly after this great storm, which is inevitable in the current context where everything is going adrift. May our brothers remain stoic by leading their lives as well as possible, without neglecting their practice for fleeting joys satisfying human superficiality. Their time on Earth is precious. May this opportunity enable them to grow in wisdom, under the enlightened guidance of their Master.

Monday, July 4, 2005 – 10:00 a.m Time is pressing, as we have said often enough. The well-informed man must become aware of this situation and work accordingly, within himself and around him, to improve himself mentally and spiritually while getting to the heart of the matter. He should no longer be lost in vain processes and inappropriate assumptions, but grasp within himself the ferment of truth capable of enlightening him in his quest, with senses appeased, in the heart of silence where the true process resides. There lies the beginning of wisdom: that which lifts up the being and directs him, according to his progress, towards what constitutes the ferment of his evolution, the level of consciousness corresponding to him. Our method, in its great and apparent simplicity, conceals possibilities indiscernible by the ordinary man. He is smitten by innovations and methods boosting his ego, his imagination, but which are not in line with a real process capable of elevating him vibrationally. These concepts remain unknown to some people, yet they do their best and prepare for more convincing steps going forward. Each person receives to the extent that he is able to understand highly spiritualised principles. This takes place according to strict criteria governed by divine laws related to a planned evolution. Humanity has reached a turning point in its history. What will it do? Will it become aware of the aberration of this currently troubled world while there is still time? It seems that only events of extreme importance can sensitise humans to the tragedy that is taking place here below and to which they attach no real importance.

Friday, September 10, 1999 – 10:00 a.m. You can see that all was not lost, you're starting to emerge again. Be very careful, don't go beyond your capabilities. That's your problem: always doing more than you can manage. We cannot do without our preferred medium, so spare yourself to ensure what is important, that is, our contacts and what ensues from them. Minimize your material worries for an ever-increasing availability on the spiritual level.

Sunday, January 11, 2004 – 10:00 a.m. My child, when you are overwhelmed by life in this world, you have a recourse that many don't have. A spiritual universe unfolds before you with its multiple colours, attractive and delightful to your heart. In this secret garden are concealed the keys to a kingdom which cannot be easily approached. A lengthy preparation is necessary which requires the most beautiful attire resulting from a long search, aided by the effects of divine grace. This place, where wonder develops, helps the soul that is advancing towards transcendence to array itself with all the required qualities. This preparation exhilarates it; as time passes, the soul feels lighter and forgets itself in a feeling of self-sacrifice, surrender and gratitude. The soul does not belong to itself anymore. Being offered to divine guidance, it soars, happy that its destiny is henceforth unfailingly planned. It no longer fears the pitfalls on the way, the irrepressible disorders and human turbulence that hinder its efforts. The soul goes forward serene and won over, following its guide, the Master who was destined for it. In these moments of joy, it regains peace. It is on the right track and, more than ever, it must remain serene, strengthened by a confidence from which it should no longer depart. The fluctuations of material life must be put into proper perspective, which is not always easy to do, but faith must remain strong and triumph over all situations, whatever the outcome. My child, love us in the peace of your heart, to which you know the way, by persevering in this discovery.

Wed, Jan 28, 2004 – 10:00 a.m.

A soul divested of the useless, progressing towards perfection, does not burden itself anymore with superfluous formulas and words. The evidence leads it and motivates it; the language of the heart is enough for it, it no longer burdens itself with grand philosophical theories which, in its view, are devoid of interest. This attitude is a result of a long journey; after having wandered in vain, from life to life, moving from one teaching to another, all the light has finally dawned. Love becomes its only food, supported by signs emanating from the Divine and inspired for the purpose of providing an essential accompaniment to its blossoming. Ultimately, it all comes down to the greatest simplicity. The approach to God is made in paring down, which is indispensable to the needs of the soul, given its necessity to self-reflect and to love, above all. The way to that achievement has been difficult and very long. So many wanderings, fruitless mistakes, so much suffering, before reaching the divine source, where it can finally drink. Praise never ceases, it exults, delighted to return to its homeland, where no disappointment can occur. It's good to know that such a journey culminates in the purest joy. No effort is in vain. In this field, everything is counted, scrupulously. What can one hide from the Creator of everything? He is within us. His essence dwells in us and nourishes us according to our needs and our aspirations. It's but for us to make sure that this nourishment divinizes the Soul, at the pinnacle of universal conception. May all souls reach this sublime apotheosis.

Tue, Dec 16, 2003 – 8:00 a.m. Life is change, and it is advisable to adapt to situations; which is something humans don't easily do. They keep searching, throughout their existence, for a solid anchor in all manifestations of their life, but that isn't feasible. Fundamentally, they seek a stability that does not resist indefinitely the vagaries of time. We will come back once again to the fact that this equilibrium is acquired through the knowledge of their true nature, which is immutable and in compliance with divine laws, from which they can't escape. They believe they are the masters of their own life, yet they only obey orders, subjected to rules completely beyond themselves. When they open up to the knowledge of laws governing this world, in relation to and dependent on higher forces, their vision of things changes, and they comply more readily with the vagaries of their Earthly existence. They become aware that it is a formative stage and that each one of their incarnations is an opportunity to progress. This being achieved, their true objective can then take shape, within a more general framework centred on their evolution. The light dawns on them: henceforth they know their priorities and act accordingly. Even if all their attempts are not crowned with success, they progress in the right direction. They will better accept the blows dealt by fate, understanding the meaning that previously escaped them, and they progress in their quest, keeping their objective in mind. Wisdom is more or less innate, but until the end, humans are put to the test of endurance, making them progress along this path. For the soul having reached this stage, there is every hope of success.

Friday, July 4, 2003 – 10:00 a.m. Let your heart be always more focused on spiritual values. They are the recourse in all circumstances. This reflex is acquired over time. It is a person's safest shield against all the vicissitudes of this world. Develop this protected space within yourself and strengthen it with all the facets of faith. They are innumerable and rich in the possibilities they offer. You get rejuvenated every day through a profound meditation, uniting yourself to the inner Master. This ritual in your life takes a choice and irreplaceable place, letting you appreciate a feast that has no equal at the table of kings. The latter is comparatively gross, since it satisfies one's senses and corresponds to physical appetites. In the feast being mentioned here, all is subtle and related to the Divine, meeting the soul's need for God. Taste these joys, my child. In this domain there is no unfortunate dependence: only a jubilation of the soul, absolutely exemplary. Develop love within yourself. Let it overwhelm you, charm you to the extent of becoming necessary to you at every moment. The great mystics, completely immersed in this divine source, take a breath in this world only when necessary. The rest of the time, they drink in the nectar, not letting themselves be affected by the baseness of the human race. Attend to your own business, your heart remaining united to your Master, who guarantees your heart's elevation. Put all the rest into perspective. Do your level best to attend to your daily life and quickly come and rejuvenate at the eternal source of life, which is inexhaustible. Your heart calls us strongly; be blessed, my child.

Thursday, January 23, 2003 – 10:00 a.m. The mystic, it's true, can only come to this conclusion: 'all is nothing and God is all'. By repeating this formula, you get to the heart of the matter, towards which your life is entirely turned henceforth. Since your youth, you have been following this thread which brings you today to this result. Life has taught you much; it did not spare you and it has guided your steps thanks to this deeper longing for the Divine, which has always manifested itself in you. What you are today results from a long search. Your finding your way and the Master intended for you could only accelerate your spiritual blooming. By taking this new course, you engaged in the most important part of your life, all that came before having only been preliminary. Thus is the progression of a soul, which always ends up coming to this determining process. The doors open, illuminating its path; new prospects are offered to it, which will be able to change its trajectory. Our way answers the aspirations of a mystic ready to follow a true process, both pared-down and full of the many benefits it can offer. Such mystics no longer want to waste time seeking, exploring and experiencing other systems. Their intuition urges them to engage in, to go further, and to benefit from a system, which, if it is understood well and followed to the letter, cannot disappoint. Their time is counted and precious. They think of the harvest that will result from their work, thus their hearts calm down, reassured and confident.

Saturday, July 28, 2001 – 8:00 a.m. Humans are moving with blindfolds on their eyes. For some of them, the blindfold is raised at times, thus enabling them to enlighten their fellow men. Life on Earth has reached a stage where solutions must be found, so that human beings can be transformed in every respect. Humanity has fallen prey to negative forces that cannot entirely be counterbalanced by the best aspects. The plague of the world is persistent; our efforts to transform it bear fruit, but evolution is slow and will have to pass through other factors, in accordance with our action. You all belong to this plan in more ways than one. Being aspirants to higher spirituality, you are positive elements. The harvest, which is currently being prepared in the world, creates a hope for the future; this resilient and productive crop will expand in a satisfactory way. Every chance will be given to humanity to face up to things and develop under the best auspices. May this new world see the light of day, generated by beings having reached higher levels of consciousness!

Sunday, January 16, 2005 – 10:00 a.m.

Your heart aspires only to that – to immerse itself in the ocean of inexpressible peace. A power attracts it; without the heart being able to resist, this power leads it towards the shores where it knows it is awaited. To withdraw from the world and delight in the Divine, that is its deepest aspiration, its natural inclination. Revealing itself more and more over time, it is amplified in these contacts. It awaits them and asks for more. It loves infinitely; this is its primary vocation. Your mind, curious about the world around you, was interested in all that seemed instructive and attractive. It learned and was nourished according to its needs and intellectual curiosity. Then, time passed, leaving it as a spectator, no longer concerned with matters that do not belong to it. Its true identity having re-emerged from that tumult of thought, it now makes choices, getting to the essential. It knows it is guided towards its abode and that alone motivates it every day. Look around yourselves, get involved if necessary, but do not neglect the inner self, that which is growing, which develops and aspires more and more to be united with the supreme powers. The way is long and arid, each one facing it in their own way with the means and determination to complete that task, which, over time, seems to be the only one worthwhile. Personal experience is unique and necessary to forge a noble soul. It is sometimes painful, but each stage is formative. When well lived, it strengthens the soul and increases its stature, making it resilient in the face of adversity. In the secrecy of their hearts, humans, before God, know that they are nothing but a breath of life emanating from His sublime greatness.

Wednesday, August 18, 2004 – 10:00 a.m.

Nourish yourself with love; your soul is craving for it and this need will constantly keep growing, prompting you to detachment. How could a cold heart move towards this state. Only love can fill it with wonder and change it completely. A life without love is a sad life; love alone opens the doors to the Infinite, showing the best way to take to reach that point. This is a topic that delights you: you love these comments bringing within you a special state of grace, which your soul delights in. All topics must be addressed here: from the future of humanity in its less rejoicing aspects to the delectable emotions of a heart overwhelmed by divine love, this supreme nourishment. It structures a being in its essential and unique aspects, with a view to merging with the Ultimate. How can we detach from this topic today, when by successive waves, grace is carrying you towards other shores, which does not facilitate the work of the scribe. That does not matter; this kind of message is the best remedy for a nostalgic heart feeling so humanly far away from its Master, and even more so from its beloved guides. A human being, however fulfilled he or she may be on this plane, always feels a lack, an emptiness unexplainable through reasoning. How could we fill a heart, if it were not precisely in this situation of emptiness and calling out to us! Maintaining grace in oneself is to call it permanently, and then give it as an offering to the Beloved. Love attracts love; it is the magic and endless circle. Love, my child, it is your vocation and we will not oppose it, quite the opposite.

Wednesday, August 29, 2001 – 10:00 a.m. You see how this dive into yourself is refreshing; it brings you back to a more correct interpretation of the events marking your life. We can never say this enough to all of you: do not get too involved in all your terrestrial tribulations, give only the minimum required, not more; it is not worth it. Everything passes, everything fades with time; joys and sorrows become one and the same and melt into the fabric of time. Only a thread of light can give it its greatest value. May you all strive to get around the rocks on the road. When they inevitably stand in your way, be in acceptance; your attitude will help you find the best solution to the problem. Your trials are within the limits of your resilience. Your fortitude is an invaluable help in these circumstances and your surrender reduces the burden. Make sure you keep the heart of a child, loving and trusting. It is not always easy to face up to things with philosophy. What will remain of your lives, of this incarnation? Will it meet the objectives set in advance? Take stock of your life very objectively, be lucid, it is never too late to change your behaviours and your way of thinking. The way to perfection is opening up before you all; may you move forward serenely.

Tuesday, September 13, 2016 – 10:00 a.m.

Outside this world of various turbulences, there exists an Eden where so many souls delight in loving. This refuge is sacred; it is important to know it and, above all, to experience its benefits, this at different levels of consciousness. What more can we say to encourage our brothers and sisters to pursue this spiritual quest, with ardour and determination. Every step taken in this direction is a real blessing, the importance of which cannot be assessed in human terms. The soul aspires to rise and to nourish itself by this substance, the content of which is totally beyond human understanding. It is good that this space remains unknown to it. This maintains the mystery; it thus keeps its power, and its action is tenfold. The benefits of Sahaj Marg are also growing; it is so good for us to see this, and it is just beginning. So it is; special blessings to all on this day, which is special for us.

Monday, October 25, 2004 – 10:00 a.m.

Human beings, whatever their evolution, need to rely on tangible aspects, in some circumstances where they are assailed by doubt, when they have to make decisions. No one escapes these characteristics that are specifically human. The greatness of humans resides in their courage in life, and also in their weak-ness when it leads them to humility. Without it, they can become appalling, cloaked in a spirit of superiority. The concept of equilibrium here is also critical; nobody is perfect in this world and humans must try out a series of states in order to shape themselves intelligently. Their spiritual quest helps them to have a clear understanding of themselves and to correct themselves, as far as possible. Each person's path is specific; the diversity of personalities is such that harmony between people remains illusory. This living mosaic is not lacking in colour and movement; finding oneself and finding one's bearings in that sphere of influence is not easy. The refuge of faith gives strength; meditation makes it possible to face oneself and to understand the reasons for an incarnation corresponding to the work to be completed. Human frailty is such, life hangs by a thread; each minute is important in this countdown, giving several options. Cultivating love within oneself gives inspiration, sheds light on the needs for the soul to quench its thirst for the Divine. May all our brothers and sisters find in our way, an answer to this quest to reach the ineffable splendour.

Thursday, December 9, 1999 - 8:00 a.m. My dear daughter, do you realise the progress made since the beginning of the first series? Each one of you, in your own way, has made a sizeable progress inwardly. If we quote certain names more than others, it is for the purpose at hand. You all belong to this movement, each having different roles, but that does not matter; nobody is forgotten. You should think in terms of a group, and not in terms of an individual who, as far as he is concerned, must melt into and let himself be led by what you all represent together. At the spiritual level, the rewards come by themselves. There is no preference. Some people are on the frontline, others remain behind the scenes, but all are important and are not forgotten. We think that this is worth pointing out to you, although through your work and ours you have earned enough wisdom and discernment to understand what we believe we should better remind you about, in spite of everything. The road is long; you must advance without bothering yourself with inevitable human reactions, which can overload your luggage unnecessarily

Friday, October 29, 1999 – 8:00 a.m.

We are happy to see you using a modern means of communication. You will get accustomed to it, and that will make life easier for all of you. Looking back at human evolution since the caveman, just imagine what humans went through. The most interesting perspective concerns their spiritual evolution. In ancient times, they feared the elements, they suffered from them and therefore dreaded them. They used to beseech the sun, the moon, as well as the rain that was both useful and fearsome to them. Thus did they acquire the habit of beseeching a higher force without really being able to identify it. Humans of today have nothing in common with those of yesterday. They have more knowledge, but they are not spared the blows of fate despite all modern comforts. Do they have a better understanding of the higher reality and the goal of their existence? There's still such a big step to be taken in this direction that it's distressing. You are fortunate, all of you who have understood, who are searching and constantly evolving on the spiritual level. We rejoice in this – rejoice with us in being part of the chosen, there remains so much to do for humanity.

Friday, March 22, 2013 – 10:00 a.m.

Life unwinds a long thread behind the self; its strength depends on one's karma. This thread can be as strong as the deep convictions of the aspirant when one is determined to organise one's life accordingly and grant to what is essential its rightful place. Thus does one's life take on its real significance. While doing what it takes at the human level for themselves and their circle, they reserve a special place for what elevates their soul, nourishing it over time and enchanting it – there lies the secret of each being. Within oneself, in this reserved and unique space, the wonder is achieved – the expansion of the soul and its progress towards the ultimate goal, one that cannot disappoint. The convinced aspirant embarks on this journey with confidence and determination regarding this achievement. Our faithful abhyasis demonstrate through their journey an ability to move forward, whatever the circumstances. They are helped and supported. In this quest for the Divine, a fervent heart finds its way, one in which every passing day leads it towards the best that can be. What remains of an incarnation in this world? Very little, in truth. For the most famous people, there is a story, a monument. Most often, time erases even the slightest memory. A soul that is illuminated by love and beauty keeps all it has acquired and continues its celestial trajectory in space. There is no time to lose on Earth; moreover, time is counted, and no one escapes it – this law cannot be -Blessed are the pure hearts motivated by the best intentions, by a strong faith in their Master and the powers that support him here below. An incarnation is short compared to eternity; may each of our aspirants truly become aware of the opportunity given to them to surpass themselves and to advance towards the ultimate goal. We help all of them in this, in our own manner, both in the background and in the light of day – and that is worth mentioning here. Blessings from all of us on this Mission that is close to our hearts.

Saturday, October 23, 1999 – 8:00 a.m

Life is hard for all that live on Earth. The various kingdoms have to fight to survive. Such is the law that governs this planet and the entire universe. Evolution goes through upheavals of all sorts, but balance is maintained and that is admirable. Nature must pursue its immutable renewal. Everything lives, dies and renews itself. As for human beings, they reincarnate on Earth for the amount of time it takes for their evolution, and then they continue their journey in other places. The balance of the Earth is like that of human beings – fragile, and yet more and more battered. Although largely informed of the harm they do, humans continue in the same direction, and the process of degradation accelerates – it is irreversible. Must progress lead to self-destruction? No, God doesn't want it that way. It will still take a lot of time for human beings to understand that they must first and foremost respect the creation and put the lure of gain second. The well-being of humankind should be privileged above all, but we are a long way from that wisdom.

Tuesday, November 15, 2016 – 10:00 a.m.

In you, as in each of our abhyasis, is a sacred space where the best is accomplished. At the heart of each cell of the physical body is manifested this divine energy so mysterious to human beings. Little understood and, above all, not well accepted in its reality, it never-theless exists and testifies to the manifestation of this power, which will one day reveal itself in all its reality and be recognised as such. This world must progress, open up to know-ledge, true knowledge. It will be decisive for an unprecedented advancement. It is time to overcome the barriers of illusion, of everything that obscures and distances us from a truth essential to the progress of humanity. In its own way, Sahaj Marg opens up perspectives; they are not yet recognised as they should be, but all in good time, we cannot force anything. This path fosters a progress that the future will materialise. It is good to know this, and to work towards it. This world cannot stagnate eternally in a limited knowledge of phenomena. A planned evolution will occur at different levels, we are preparing it in our own manner so that it manifests completely, as we wish for the good of all. It is up to each one to become aware of this and to act for the best.

Sunday, November 13, 2016 – 10:00 a.m.

Try to go beyond the limits of materiality, so as to let yourself be carried by this vibration of love in which your being is enraptured. In such an atmosphere, it is so easy to tune in to us and fully receive what is being offered, which is so distinctive. Our words are repeated tirelessly; such is the very principle of life in its uniqueness and creativity. The Mission is evolving in its own way, carried by a very special vibration that distinguishes it from other paths. We can emphasise it here, these messages carry an energy from which surrendered hearts benefit fully. Everything happens in secrecy, where reason does not interfere. The true laws of life are unknown to the human being, who conceives of them in his or her own way, each one following their path as they can. Happy are those who, beyond material contingencies, integrate the principles of a spiritual approach, as we propose in Sahaj Marg. The egregore of this 'way of the heart' is resplendent; it delights all the beautiful souls that come to us in this celestial space where Sahaj Marg has a special place. It will expand more and more, attracting beings who did not know of Sahaj Marg while incarnated on this Earth. 'What must be will be.' This beautiful path will continue on its way for the good of the greatest number. So it is.

Sunday, December 12, 1999 – 8:30 a.m.

You are not a machine; do you believe that this delay can prevent our contact from taking place? We ask for rigour, but not to that extent. It is true that we insist on the need for automatic reflexes to be established, and though it is beneficial to always meditate at the same hour, other possibilities are not excluded. We are amused by your child-like and timorous side. Your personality presents many facets: that is what those who can understand and appreciate you find charming in you. We do not want to bother you by talking about you once again. Our purpose is to make you understand, for your own good, the importance of rigour in your life. It is good to be demanding with oneself, generally, but some exceptions can disrupt the regularity of your sadhana, and you have to put up with it, which is not dramatic. Since we lived our human lives on the Earth, we understand you. Though we try to push you towards perfection, we also know how difficult it is sometimes. We do not judge you, we love you and we want the best for you all, quite simply.

Sunday, November 6, 2016 – 10:00 a.m.

May peace and joy be within you – you receive this message every day; your heart is the receptacle of our love and you carry it so well. Why should we hide what these contacts really mean? They produce these sacred writings, and they will be recognised and appreciated as such in the future. Only time reveals the true value of certain events and the dimension they can possess. Many of our aspirants are being nourished by them, and we are happy about this. We follow them all on their journey, without being able to spare them the many worries they face. A life is never simple in its totality. Trials are formative, it is said; it is not always easy to conceive of it that way – reaching that state of inner peace alleviates Karma. To seek refuge within oneself, inside this space of deep peace, is an infinite grace. To work to attain it, in spite of everything, is a sign of great wisdom. Trials are not given in vain; they constitute a force capable of ennobling an ardent heart. It takes many lifetimes to reach the high point, where the soul is ecstatic, where the best is achieved. When comes the time of heavenly fulfilment, all worries will be forgotten in order to make way for victorious Love alone. Special blessings to all our brothers and sisters.

Thursday, September 15, 2016 – 10:00 a.m. You can 'sing' love, one that will not change. An ardent heart keeps its treasure; it defies time and is found from life to life, for many experiences, in the service of the higher powers – of the Divine, as it is called. The achievement of the spiritual paths in this register has marked this world, and that will not change. Humankind needs to refer to a wisdom acquired long ago, one that has nourished souls in quest of the Divine. New spiritual paths have appeared to meet a deep longing of beings thirsty for this divine nectar, capable of satisfying in them a real and ardent need – a need emerging from past lives and forming the deep being, sensitive to this very special energy that corresponds to the true nature of each one. There lies the true treasure of humanity, one that will defy time. More solid than stone, it will remain the most beautiful success of human beings; so it is. May all our brothers and sisters advance ever further in this sublime quest for the Divine – that is our most fervent wish. To all, peace and courage, to attain the best there is.

Monday, September 5, 2016 – 10:00 a.m.

The discourse is always the same, as is the vibration of these writings, and yet every day brings progress on this path - a path characterised by a very special transmission whose effects are redeeming. Our abhyasis are making progress without realising it; how could they assess the impact of all the means proposed in this way of the heart, which is much more effective than it seems. In the shadows, one might say, the main thing is being accomplished. Such an approach saves valuable time on the long journey towards the Eternal. In this, as in all things, repetitions are necessary. They lead to a state of consciousness that enable one to grasp all the subtlety of this method, with its multiple possibilities for action. In the light or the secrecy of the heart, well-guarded for each person, a unique work is being carried out. Time will lend a reality to these words. Each person receives according to his or her call; while this is not new, it takes on its true meaning in this way of Sahaj Marg. Rest assured, no one is forgotten. A heart that is offered up and committed makes progress in the most beautiful manner; thus emerges the very special effects of Sahaj Marg. Blessings to all, especially on this day.

Sunday, September 11, 2016 – 10:00 a.m.

Forget this world, which is noisy and tormented in so many ways. This incessant noise disturbs human nature at subtle levels, where it should not. Isolation and meditation help to regain stability, a balance of the various bodies, which need a certain harmony between themselves. A spiritual way calls forth this peace within oneself; it favours a progression in this very special journey. Sahaj Marg will have marked this century, in its own way but definitively. The way is open; it is up to each one to commit to it and advance ever further ahead. The elevation of the soul is the noblest achievement, and it places the being in the best possible position. The egregore of this Mission is growing; it will leave its mark on these times, through the best it generates. So many beautiful souls find themselves there and blossom according to our wishes, opening up to the 'Immutable Peace' which carries them henceforth. The best is yet to come; this Mission will continue to astonish, you can all be sure. Very special blessings to everyone on this day – a special one for all of us here who are attentive to it.

Saturday, October 29, 2016 – 10:00 a.m.

These messages are a precious good, why not repeat it, only time gives events, things, their true value. Here, we are in a very particular register, simple in appearance, these writings are not insignificant, they carry a subtle energy escaping the current human perception. The world of the future will grasp its full significance, so many things will change and impose themselves on this world, that they would confuse in the present era. Everything is being prepared in secret, according to the divine laws, far from understanding as it is today. It will have to progress a great deal to adapt to the many transformations that will occur in the future. Imperceptibly this world is changing, sentient beings feel it, the vibrations are refining and will do so more and more. They will be decisive in this advance, preparing the new era, willed by a higher power, which manages this immensity with brio and an astonishing perfection, in the sequence of events, whose reality is beyond human comprehension. 'Doesn't everything have its *raison d'être*'. It takes time for the best to be accomplished, willed by the higher powers.

Monday, July 8, 2002 – 10:00 a.m.

Life will be able to change on the Earth only by dint of great transformations, which modify the current aspects that characterise it. Man will have to adapt to the pervading environment, as well as to new and strict rules concerning his way of being. He will have to comply with stringent requirements. He will have no option; the laws will impose rigorous discipline on him. This is how man of the future will have to evolve: by refraining from endangering the balance of this planet, as well as its near and remote environment. He will have to adapt by respecting not only the latter, but also his human brothers, subjected to a very different type of life from the current one. The regeneration of the race will only take place by dint of it. This change will inevitably entail important mutations. Mankind will not be able to adapt indefinitely to the state of ignominy that the world is currently experiencing. The Almighty will put an end to it when He deems it opportune.

Saturday, June 18, 2016 – 10:00 a.m. Enter into silence and contemplation, where you receive these very special energies emanating from the 'choir' of the spiritual Masters of this Mission and beyond. This ritual has become distinctive – it attracts the attention of many entities, fixed on the benefits of this Sahaj Marg path. It has taken on in recent years a very important role, and it traces its path in a manner unexpected by the first abhyasis to have followed us on this path, one whose effects are rather special. We are happy to see its development in the world, and these messages translated into several languages and thus within reach of all these beings wishing to receive us. The sacred union of hearts produces results of which you have no idea; they trace in time an indelible mark, very important for all. We will continue with the transmission of these messages a while longer; most of our abhyasis perceive the importance of this very special energy which goes straight to the heart, one might say. As for our dear Kamlesh, he works with his whole being to disseminate what emerges from this unparalleled path. He creates, he acts, carried by our energies and the inspiration that accompanies him over the course of days. He is the man for the job, one could say; he sees far ahead – in his own way, but inspired by his spiritual fathers, who are very attentive to his dear person. And so continues what must be for this path so distinctive in its action. May all fully avail themselves of it and realise its importance. To all: faith, love and personal fulfilment.

Sunday, February 17, 2002 - 5:30 p.m. This is a peaceful hour for you and more favourable than our usual appointments, often included in a busy schedule. You can meditate quietly and receive us with an all desired serenity. Let this happy state overwhelm you and subjugate your heart; it will open out as we are in contact. Each meditation is a step towards the goal; these are small steps, but they add up. It is irreplaceable; don't do without it. Wherever you may be, for at least a few moments, make sure you get connected to the Divine that dwells in you. It is hidden from the eyes of the world, but its treasures are there, in you; by persevering, you truly discover them. See how good it is to interiorise oneself and to let oneself be carried by this wave that defies time and the many limitations existing in this world. This treasure is in you; it cannot be taken away. It can resist everything and it will propel you, when the time comes, towards other places more livable. Far from the world's noise and hustle and bustle, aren't these moments unique? It is up to you to devote to them their due place and to let yourself be carried by this special vibration, generous in terms of its effects. You come out of it regenerated and more serene. Life with its excesses of all sorts has less hold on you. You will gain strength and wisdom by it; it is worth turning one's attention to.

Sunday, September 25, 2016 – 10:00 a.m.

You have given a lot and still you give, much more than you think. Our messages are part of this extraordinary action, whose effects are immeasurable but produce very significant results, you can be sure. The vibratory world is beyond current knowledge, at least in this particular field where communication is productive and materialises through these writings. They will defy time and will be appreciated more and more. It is up to each one to become aware of this and to benefit from it as much as possible. We bless and support our brother and sister abhyasis in our own manner, for their good. Endless blessings

Friday, November 11, 2016 – 10:00 a.m. Your heart, in contact with ours, vibrates with love; it benefits from an extraordinary transmission. Words in these messages carry a special energy. Sensitive beings can feel it, and they benefit from its action, as do all our abhyasis who wish to read them. Nothing should be neglected in this Mission where everything is intended for the general good. The future will reveal certain aspects of this that are still unknown today. We must follow a logical order and adapt ourselves to circumstances without going beyond what can be revealed. Humanity is struggling to make real progress – spirituality is not its priority. Everything will come in due course as part of large-scale changes that will take place on this planet. A planned evolution will come to pass, for the good of humankind. This world is in distress, which is not new, and it is high time for humans to attain knowledge, true knowledge, one that will open minds to the higher reality. To cover up these comments would not be wise; our Mission is carried by faith, love and the 'reality' of an irreversible evolutionary current. So it is, shall we say. May the best be established in this world, for the general good.

Wednesday, November 3, 1999 – 10:00 a.m.

My dear child, we have told you often enough, do not mind the reactions of your fellow human beings to our contacts. The abhyasis speak without knowing. What do you care what they say. As for my son, he is not forthcoming as yet, but he appreciates it; that's what matters. Don't you have enough worries? Let people talk and let your heart be at peace. I had to endure much more, believe me, regarding the messages I received. Not only did some of my brothers consider me a simpleton, but also as living in a state of delirium. How could these great beings manifest themselves to me? That was beyond them. Very great Masters in India or elsewhere were not mediums. They communicated on other planes with higher entities, but they did not have this gift. That's the way it is, and it in no way hindered their immense capacities on the spiritual level. All this is not easy to understand for ordinary people who do not have these perceptions. Go your own way, don't worry about the rest. You will never be able to prevent this kind of stupid talk from reaching you. Be blessed for everything you do.

Sunday, August 5, 2012 – 10:00 a.m.

You know the ritual: relax and let your heart savour this moment of communion unparalleled throughout the day. A surrendered heart attracts our energy and a grace that propels it to our united hearts. We have said it enough that love begets love – it illuminates a spiritual path. Without it, [spiritual] efforts would not be productive: they would lack what is essential. A simple human, yet full of love, has his rightful place in a journey where the Masters are able to recognise the chosen ones. This wealth of messages will remain a major asset in our Mission. Repetitions are numerous, but made purposely. The abhyasis need these constant reminders so that they don't lose sight of what motivates their process. The constant movement of life can distract them from their goal. Humans are fragile and often confused. A spiritual process of this nature remains a valuable asset for them, a reminder of what constitutes their own reality. Their souls aspire to the Divine, to the mercy provided by a steadfast and productive process. Efforts are crowned with success, we might say; bliss cannot be achieved easily, but a sincere and unrelenting process lifts up the hearts to their highest destiny and allows them to enjoy incessant graces resulting from their perseverance. May all our faithful aspirants advance towards bliss under our constant blessings.

Wednesday, November 3, 1999 – 8:00 a.m.

The radiance of Sahaj Marg is spreading in India; my son is doing an important work. This way is perfectly suited to our compatriots. India is free in this respect; each one practises as they see fit, without restriction. If you do no harm to your neighbor, why should you hide! We deplore the state of mind prevailing in certain countries in the West, but we cannot change anything. It will take a long time for people's minds to evolve; that will not stop this refreshing wave from bathing souls in need. The evolution of beings is fraught with all sorts of twists and turns; so it has always been. Sahaj Marg brings a new vision of the spiritual, and that disturbs some minds. Its simplicity amazes them, what does it hide? What is behind it? Quite simply, an effective means of advancing, with no external pomp, no complicated ritual. It is a rule of life accessible to all. It requires no more time than gymnastics, jogging or any other care you give your body to keep it in balance – and it allows you to live a great mystical adventure.

Monday, May 20, 2002 – 10:00 a.m.

Your heart is softening; it becomes wise. It has some way to go yet, but it does not see the landscape in the same manner any more. You are detached from worldly things, which worries you sometimes; you attribute this fact to your age. It plays its part in this matter, but it is especially a state of wisdom that grows in you. This spiritual practice that you have compelled yourself to do for a long time, has borne its fruits. It is normal that your inner state changes; it results from our system and its effectiveness. As you are caught in the routine of the days that follow each other, this happens without anything being obvious; you bring back new gestures and habits you are creating for yourself. The web is solid on which the results are built. Perseverance – through the work it generates – brings hope; without it, nothing sustainable and concrete can be accomplished. You benefit now from the work you did on yourself, which is an excellent basis for continuing on your road. Persevere as long as possible and try to keep up this ardour in serving us and doing the exercises which we recommend; thus all will be well.

Monday, December 6, 1999 - 10:00 a.m.

It is true: a rigorous practice does not exclude some imagination. It is necessary to put things in perspective. Laughter and joy are necessary for your balance. Imagination, a reasonable amount of it, is positive and can be creative. Look at your Master; he can laugh and benefit from little pleasures, like anybody. Loving God, loving your Master must make you happy. Is there anything more beautiful in this world than having a true goal, beyond what you achieve on the family and professional level? You give a meaning to your life which goes very far and whose extensions will make a success of it. You have understood and you answer a very strong call that comes from the heart. It is irresistible and it transforms your life. What would it be without this process? You would feel a vacuum inside you, a dissatisfaction that nothing could fill, even by getting drunk on pleasures. When the time has come for a soul to be guided, it sees the guiding light and it knows that it will be spared the pitfalls. Therefore, be happy, without remorse. You will be a model for your circle and 'Love Him, He who loves all'.

Tuesday, May 7, 2002 - 8:00 a.m

You see, my daughter, we still have much to say. Humanity has many facets. It is at the same time foreseeable and surprising, in terms of its eagerness to reproduce the same mistakes. It seems that time does not improve men. They are ready, at the slightest little thing, to kill each other for stupid ideas. Finer feelings disappear quickly, blinded by passions. This country, like so many others, does not escape the rule. People will end up calming down and finding a more right vision of the facts and things. They should not make you forget the most important thing, hence the reason for this reading you are doing now. There is no plot, no treason, no violence, at least on our side. If you want to follow us on a non-mine field, you should quickly forget this verbal jousting, which does not bring about anything good. Words can be as devastating as grenades by leaving in the heart non-assessable wounds. Choose them [words], in yours [hearts], to address your Masters, God, the Guru of the gurus who expect of beings only their best.

Saturday, May 4, 2002 - 10:00 a.m

Make sure you appreciate this distinguished grace, in terms of benefiting from the powers of a high level spiritual Master. Many of our candidates do not realise how lucky they are. This is not commonplace; such an opportunity does not arise twice in one's lifetime. When it occurs, it is necessary to seize it and to stick to it as well as possible. This speech can seem improper to you; it is nothing of the sort. We are not on a way in which the goal is to attract followers by all possible means. That is not part of our remit, and especially of our Mission on this Earth. Ours is very different, very vast, unifying and sanctifying. It is beyond all religious and racial criteria. Its action is wanted, and it was decided a long time ago to take on its full meaning in times to come. You are the pioneers of this great mystical adventure that has not finished intriguing humans and hitting the headlines. Let yourself be won over by the enthusiasm of faith, let it be heightened in praising the divine greatness, which can answer the call of souls thirsting for grace. This project is imposing, but it will succeed; it is bound to.

Monday, July 29, 2002 - 8:00 a.m.

In spite of appearances, you are enduring a lot, my daughter. We understand your moments of discouragement, for we ourselves had gone through them. On no account are we judges, you know it. One day, you will understand all the extent of our solicitude. Love us, we return it to you hundredfold. The hearts of Revered Lalaji, your Master, and mine are only as one on the subtle planes. This divine accreditation makes our action easier. Through this means, our Mission benefits from a multiple and unified force. This explanation seems simplistic as we cannot further elaborate on it for clarity's sake. The erudite words used in some literature would not introduce you into the mysteries of knowledge, but would rather mislead you into a speech that would only end up taking you away from our objective: to bring you to interiorising yourself more and more. It is better you keep in your mind this comforting image of three great souls joined together to better serve you and help you throughout this long labyrinth on the way to perfection, which is the only one leading to the Ultimate.

Saturday, July 6, 2002 - 10:00 a.m.

Would our scribe be showing signs of lassitude? We could understand it after all these many years of service. Your tiredness is physical; your heart is not tired of receiving us and loving us. We have no doubt on this aspect. The aspiration of the being for spiritual elevation is insatiable; it benefits from each opportunity to seize its chance. It is in need, and impatient to progress when it has reached this stage. Our faithful abhyasis know it well; they are attentive to all the signs that do occur. They are assiduous, persevering and worthy, in the way of leading a simple life whereby due place is given to what they regard as being very important: their spiritual practice. All this seems the most normal possible, but out of the large number of humans living on this Earth, not many have this way of life. Our remarks do not teach you anything, they are only meant to make you reflect one moment on this sad truth: men as a whole don't care much about their evolution. They pursue fleeting pleasures and try to accumulate goods of which, sooner or later, they will be dispossessed.

Wednesday, April 10, 2002 - 8:00 a.m

You can find inside yourself all the answers by surrendering to this powerful force that resides in you. Trust it; follow it with fervour, practise assiduously, considering it as your true capital. You cannot escape its vigilance, no matter what you do. You are accountable to it; don't forget it. You stand before it in all circumstances. It takes various names according to the beliefs, but it remains true to form and will continue well beyond this existence – which is a short stage in a longer process. It is not glorified by you satisfying your desires or inclinations. This higher entity does not put up with the pettiness of this life, the real goal of which is to align oneself as well as possible with it, by approaching its perfection. Each one manages to feel its presence. Sooner or later, it will prevail. On no account can it demean itself and stoop to the level of this world. Try to feel its presence in you, to let it grow and transform you, so that, little by little, you would be nothing but as one with it.

Thursday, March 17, 2016 – 10:00 a.m Life and death are merely states; they differ in order to accompany the development of the soul in search of purity through a deep personal commitment – one that leads to the highest level of consciousness. Long is this way. When the horizon finally becomes clear, serenity settles in, fulfilling the aspirations of each person at this stage of his or her evolution. From one incarnation to another, the personality is forged, receiving in accordance with its calls and profound needs, which are necessary for the realisation of the Being, in all its subtlety. Reaching the stage where such concepts are taken into account is an indication of a true advancement that allows one to proceed, to go further in meeting one's real needs as a seeker. Finding one's way and exploring its resources opens horizons onto this space – the beyond, as it is called. There are different worlds; they are quite numerous, and they provide the opportunity to explore the unknown and to discover a certain truth that is not easily accessible here below. Meditation, the overall practice as we propose it, speeds up the process and reinforces faith, which carries and sustains the human being on this initiatory journey of an incarnation. Human beings have so much to learn and do not always go where they should – hence the many incarnations required for their evolution. The Sahaj Marg path produces the best in this regard. It is up to all to be truly committed in order to achieve the goal.

Sat, Sept 24, 2016 – 10:00 a.m.

An incarnation includes numerous stages; they help one cross the levels that are essential for a knowledge that is planned and necessary for each one. Trials are inevitable – no one is spared – the evolution of human beings passes through experiences that are not all pleasant. Where would the challenge be if it were not so. Acceptance is a precious asset; it greatly favours the progression of each one on this long journey where it is befitting to understand the sense of all things, on a general level. The divine laws are incomprehensible for the human being. May each one realise it and advance against all odds, towards this 'Essential' so strongly evoked here. Our action is in this direction. To all, understanding and fervent engagement, to attain the best that can be.

Monday, July 8, 2002 - 8:00 a.m As one path ends another starts; life is movement, action. Man must advance at all costs and adapt to all situations. So it will be until the end. A spiritual practice provides continuity in this existence – stability, a kind of foothold that is not affected by the fluctuations of time. Everything outside can change. Preserve this only good that remains with time. This refuge cannot be taken away from you; it belongs to you. This richness escapes the laws of men, who are always on the lookout for dispossessing their fellow man. In this area, God is watchful! He is almighty. Highly enlightened beings come to this world to help their brothers to free themselves from human bondages. These Masters, as they are called, help the whole of humanity through work that escapes man's assessment. Their action cannot be measured; but it is powerful and in line with the forces of good, which have a lot to do so that humanity can progress towards the long-established goal. It will all be accomplished according to this scale of evolution which regulates its rise.

Friday, March 29, 2002 - 8:00 a.m. Let your heart open up more and more beyond human contingencies and rigid upbringing, as far as its movements are concerned. Don't repress its impulses any more. Here, we are in a different context altogether where there is no risk of disappointments. This kind of relationship develops in another space ignored by men. Each one of them must find the access to it to establish a durable relationship, divested of pretences and preserved from the illusions of this world. Such a love relationship is precious; we unceasingly draw your attention to it, because the heart of men singularly lacks it. They are too absorbed by the rituals of Earthly life. They cannot put things into perspective and reserve some small place for this discipline, which you, who are wise, devote to it. A spiritual process is carried out in the secrecy of hearts, which cannot be accessed by any of the beings you mix with. In this area, you are in front of God and your Masters, divested of your human attributes, however flattering they may be. Let your hearts open up unrestrainedly in this relationship, since it goes well beyond the human framework where you are moving, and it develops a becoming and a state which will never leave you any more.

Thursday, October 28, 1999 - 10:00 a.m. M: My Beloved, take me to a garden full of flowers and intoxicating scents. My soul needs you; it languishes while waiting for you. B: You know well that we are never separated. Outside our contacts, a sort of luminous thread connects us. Your heart perceives it, even if your mind forgets it. Always be in need. We like this attitude. What could be more moving for us than a soul linked to this kind of 'drop by drop' emanating from us. You know well, my daughter – haven't I told you over and over again – it will be like this until the end of your life on Earth. Be patient, finish what you have to do; many would like to experience our special relationship. Continue to let your circle benefit from the vibration emanating from you, which is a form of remedy for them. M: Babuji, I will always be in need, in want of you, until the end of time. Thank you for all you give me, but the word is weak. My heart overflows with gratitude and my soul is enraptured. B: Be blessed, along with the loving hearts that surround you.

Thursday, April 20, 2000 - 8:00 a.m

Come and join us in this inner space where your heart can find peace again. The little time this represents is a breath the heart takes before resuming the pace of its regular life. Endure and keep smiling in spite of everything, as the Masters who departed this life used to do. The current Master is also very courageous; he pushes himself to the limits to achieve his mission and to manage everything as well as possible. May your thoughts accompany him in his heavy task and may your heart remain united with his. It is what you must focus your thought on more and more, so that a kind of bond, permanent and very strong, can be established between you. He needs selfless souls by his side, fervent disciples who surround him with their love. On the human plane, a Master of this level is alone. He can count the pure hearts that are truly offered to him. (V)

Friday, October 29, 1999 – 10:00 a.m. It will still take a lot of time, many upheavals and ordeals of all sorts, for the majority of people to recognize the existence of the divine power; it is in the order of things. The future will see an acceleration in this area, and people's consciousness will open up to the magnificent reality. To that end, we are working tirelessly for the achievement of this great work: the manifestation of the golden age in all its splendour. All of you, our aspirants, are contributing to this success. Your personal work, your results, add up and form a whole, fostering this work of redemption. Each of you has your own usefulness, a social role to play. But particularly the fact that you have understood the fundamental importance of a spiritual method diligently pursued, places you among the frontrunners. Your souls were ready in this incarnation to find 'the Master', the path suitable for leading you to the highest level. You are luminous points on this Earth. You are, more than anyone, in the hand of God. Rejoice, make choices in life appropriate to what you want to obtain. Whether or not you choose to serve, never forget the importance of your personal work and its impact in general. Dive into yourself, my child, and forget the harshness of life.

Thursday, August 15, 2002 - 8:00 a.m Don't forget that a precious stone requires shaping to arrive at its optimal beauty. The same is true for souls that must go through several stages before reaching the highest level. God, in His great kindness, chisels them as would be done by the best craftsman willing to produce a masterpiece. This preparation is long and painful for the element that lends itself to this meticulous work. Beauty and perfection can only be earned through repeated efforts, as concerns the subject that particularly interests us here, but the result obtained, contrary to that on matter, is imperishable.

Sat, Oct 30, 1999 – 8:00 a.m.

M: Forgive me, Babuji, I told you to use me as you see fit, and here I am begging you to grant me improvement.

B: Your reaction is only human; who endures suffering with joy? The greatest saints have at certain times asked for mercy. Do you believe that I haven't done so myself? Set your mind at rest on this point; don't add any unnecessary scruples to what you have to endure. You are moving forward on the path of true surrender, so all is well. My dear child, you see that a lifetime is short for one's improvement; the work is endless and will continue in the hereafter. Remember the words of the Apostle Paul whom you are very fond of; right up to the end, we have to struggle with this other self of ours that does not always give us satisfaction. Once more, we can only say: it is in the order of things. Human beings, over the course of time, must divest themselves of what limits them, of all that prevents them from seeing the light and reaching the highest summits. Whatever the speed at which you all are advancing, know that you will arrive at the destination. Enjoying at that moment the divine apotheosis, you will not regret your efforts. All past torments will fade from your memory, and you will go on towards other destinations, singing the praises of the Creator.

Sat Oct 30, 1999 – 9:30 a.m. You do well in making your arrangements so that our contact can take place. We have no time to waste. We have reached a stage where we are operating at an increasingly fast pace. As the well-known adage goes: 'Never put off till tomorrow...' et cetera. We are making progress in these messages despite some difficult phases. You have never given up and we appreciate that; service comes before all else, but grace is not enough – courage is also needed. This third series is about to come to a close. Do you all want to continue? Aren't you tired of our discourse? Ask your hearts and give us your answer. Actually, there are still a few little things to say, even if they're not of primary importance. All the major themes have already been developed. We can come back to them; you don't remember them all. Some have struck you more than others, and you have assimilated them. If you all wish, we will go back over the topics already addressed. It is by insisting through repetition that the being becomes deeply imbued with the essential truths. As we continue, we will refine our work. Our aim is to achieve masterpieces. We watch over you particularly and assess with pleasure the impact these writings have on you. Do you all realize it? You can be satisfied.

Friday, November 27, 2015 – 10:00 a.m. How many trials, how many struggles must be overcome on this journey of life. An incarnation is decisive for subsequent ones. Everything is counted and added to the long list of facts that characterise an entity, the essence of a being. A long story is continuing, and it is up to each one to ensure that a certain logic conducive to personal evolution is maintained in each life. Our faithful abhyasis are doing the needful; their practice is performed in the right way, and they add to it their achievements, sometimes from far back in time. Everything here below has its *raison d'être*; tests are necessary. It is not easy to understand this. While advancing on this path of the heart, some aspects of life are revealed to the seeker, enabling him or her to better understand the deeper meaning of an incarnation. Stage after stage, a universe is built, bringing the being back to the source – that of acceptance in a state of greatest surrender capable of ultimately leading one to bliss. It takes time to understand the true meaning of life in all its manifestations. Human beings aspire to happiness; what does that word mean in reality? Mystical ecstasy, bliss! Achieving it is the most rewarding and important milestone for the rest of this initiatory journey. Our abhyasis are on the right path. You can all rest assured that this path contributes to the best that a human being can achieve through his or her noblest aspirations; patience and faith provide for it. To all, the best.

Monday, November 22, 1999 – 8:00 a.m.

My dear daughter, no matter the investment, you should obtain some improvement with this treatment. Everything possible must be done to make your life more bearable. This man, as you have seen, will one day join spirituality, truly. He will change completely and focus all his efforts on this spiritual quest that attracts him, but he gives priority to his work as a doctor, for the moment. He too, you will help generously; isn't the main thing to see a soul finding its true path! As demanding as one's profession may be, one still has time for eating, entertainment and many other things. Until the inner call is the strongest, people find excuses not to respond to the aspirations of their soul. A day will come when the call will be irresistible, then he will not be able to do anything but submit and give priority to the approach that will lead him towards what is essential. Circumstances are different for each person. The paths of God are quite varied. He awaits a favourable moment to come and seize the jewel, and illuminate it with His sublime fires.

Wednesday, January 13, 2016 – 10:00 a.m.

The accumulation of days brings its sum of experiences, all of which are beneficial for the human being, who becomes incarnate to learn and grow strong in the face of multiple and varied trials. "Doesn't everything have its *raison d'être*! This fact is not easy to accept. The complexity of a life finds its justification when the final assessment comes. How many incarnations does it take to satisfy this need for excellence! Our committed abhyasis are working in this direction; the apparently small means at their disposal still help them considerably. Even if human reasoning cannot grasp the whole truth, reality is there and it prevails in its own manner. Following a spiritual path such as the one proposed by Sahaj Marg denotes a real aspiration for the Divine and the deep conviction that such a path is right and can help one progress. Isn't this what matters? There are so many gaps to be filled as well as spaces and sensitive points to be revealed. There lies the purpose of such an approach. It can lead far in the discovery, within oneself, of a potential that has been ignored up until now. Becoming aware of the need to act, with real means, confirms this inner call that has been neglected for so long. Life in the long term holds surprises; when the soul opens up to the higher reality, it transforms the being and awakens within him or her this profound aspiration for the Divine. Thus begins a True journey.

Tuesday, September 7, 1999 – 8:00 a.m.

Surely we can talk from time to time about matters of the heart without it being trivial. Bonds of the heart at this level are no foolish matter. Human love and love touching on the divine are nothing alike. That love, all of you can let overflow with full confidence, very freely. Such a love will never disappoint you. It is the essence of everything; it is impalpable, yet it is the only reality in this illusory world. Above all don't be afraid to give yourselves over to it totally – you will not regret it. It will transform your life and moreover give you compassion for your human brothers and sisters who are in darkness.

Thursday, October 28, 1999 – 8:00 a.m.

Congratulations! A new era has begun. It's good to live with the times. You all put up with the drawbacks of modern life, why not benefit from its advantages. Follow the example of my son, who uses all the advanced techniques with ease. You have made a good decision, which will make your life easier. The coming century will move forward in discovery and bring a technology such as you all can't imagine. Human beings will be both beneficiaries and victims. In many areas, their presence will no longer be necessary, hence serious crises on the social level. There's a flip side to every coin; you all can already see the signs of it, but there's no going back. Since the beginning of time, humans have had to come to terms with evolution in all areas. Decried, since it is always inhumane in some way, evolution is inevitable. The best thing is to accept and to make the most of it; I would have adapted also, at least I think so! I was rather against all these new things that came and disrupted habits, but one has to get used to them. As far as we're concerned, I won't ask you to capture these messages on computer. The quality of our contact would suffer from it, so let's not innovate too much, and for the moment keep this delicious intimacy in its present form.

Thursday, October 7, 1999 – 8:00 a.m.

We are happy to see these messages suffusing in you all and permeating you; this process takes place differently in each person. They find their own access in the mysteries of the heart. These small brooks meet and form a kind of river that grows in power, like the spring that makes its way underground before gushing forth into the open air. Interpret this formula as you will. You each have your own sensibility and you will come up with a personal image of it. We can see how it makes you all reflect, and the asset you gain from it is a joy for us to observe. If it is said that 'a picture is worth a thousand words', it seems to us that all these words pieced together manage to touch your hearts, some of them having more impact than others, according to your inner attitude. Words have their own power; they can do harm, but they can also do a lot of good. One must be careful about them and not use them indiscriminately, either in writing or in speech. Mind well your language; the vibration of your word is double-edged. Make sure you always use it only in the better sense, and wisely.

Monday, October 11, 1999 – 8:00 a.m.

The talent for love is innate, but it can develop with time. Reason has no bearing in this matter. The heart's impulses don't operate to order. Even among the most gifted, the inner disposition is not always steady. This is rather normal; there is everyday life with its routine activities – more or less pleasant to carry out – and, even while remaining in a constant state of what one could call the heart's remembrance, it is a little bit dormant. Everything in its own time; one's day has weak points and strong points on this aspect. The stronger points are those you all devote to your mystical life. There, you can open the doors wide and 'worship' in the silence of the heart and the soul. There, you can bathe in the divine waters, far from everything. But I do insist on the fact that you are never cut off from Him, and that at no moment are you separated from 'the essential'. You are only caught in worldly matters; you can't be otherwise unless you live as a hermit in the hollow of a rock on a mountain, fed with celestial manna. That is quite another story; you must have your feet firmly on the ground to lead your life and properly put things into perspective. One can be a businessman and remain connected to the Creator. When your outer work is completed, you have to make a choice between your leisure time and that which you devote to your sadhana. Here, you enter your reserved domain – in other words, His; you can be yourselves and love Him unreservedly. Love Him with all your soul and tell Him so. All will be well.

Thursday, October 7, 1999 – 10:00 a.m. Yes, you have understood this for a long time, one must place God above everything. We are intermediaries. Therefore, we too should have a prominent place in your lives, but as the custodians of a method and a mode of transmission whose purpose is to help souls follow the good path that will lead them to Liberation. We do not want to imitate Christian speech. One shouldn't see in this any allusion to that teaching. We don't claim to be the only ones to hold the truth and the power, fortunately for humanity. We also must remain modest. There have always been Masters serving God and the spiritual ways He deems good for each period. We are to some extent His envoys, soldiers in His service, and we do our work as best we can for the good of His children; it is our goal on Earth and beyond.

Mon Oct11, 1999 – 10:00 a.m.

Learn how to control your mind in all circumstances, don't let it lead you. When you meditate, release yourself from your worries, you have the means to do so. Do it immediately, don't waste time letting yourself be pursued by inopportune thoughts. There you are – close the door behind you and just be available for us. That is not so difficult and, I believe, you appreciate it. Meditate a few moments, then we'll resume. Try not to fritter your energies away in talking, go to the essential; this current health problem does not allow you to do otherwise. Stick to this behaviour for the moment, even if it is misunderstood by your circle. That is difficult to handle, we know it, but it is critical for your recovery. The beings who really love you do understand. My dear child, you have a busy day ahead of you, we will not insist any longer. Do tone down your oratorical impulses, thus you will not misuse your nervous strength.

Tues March 5, 2002 - 8:00 a.m By accepting one's life with gratitude and love, one makes a success of it. Whatever it may be, if it is full of experiences that are led in the appropriate frame of mind, it is enlightening. In general, success does not lie where man believes it to be, but in the spirit that guides it throughout this process until the end. Each life comprises a great treasure. You should try to understand it and utilise the least piece of it, with great wisdom. Man vainly seeks outside the precious things he has inside. Most of the time, he neglects this major asset. He does not utilise it correctly and misses what could change his life by giving it its true dimension. The wise man tries to penetrate this mystery, to interiorise himself by putting into perspective all the adventures disturbing his existence. He wants to understand their meaning and what is hidden behind this disconcerting precariousness. While advancing in his spiritual search, he becomes aware of the treasure concealed inside himself and, little by little while progressing in this discovery, he understands the supreme reality of life.

Sun, Oct 17, 1999 – 10:00 a.m.

Many human tragedies could be avoided if real communication existed between people. Being afraid to speak the truth is not always a good practice. It results in tensions and complications that could very often be avoided if one's acts and words were dictated by frankness. Sometimes, to avoid doing harm, human beings get entangled in situations that are time bombs. Psychological dramas could often be avoided by defusing them from the outset. Simplicity and frankness can pay off, in the best sense of the term. People themselves create complicated situations from which they no longer know how to extricate themselves. In certain circumstances, it would be beneficial for them to collect themselves before speaking or acting. Taking the trouble to sit down and meditate very deeply, surrendering one's worries and embarrassment to the Master, could help them. They would come out of it with a calmer mind and clearer ideas. The right course of action would probably appear to them and spare them getting mired in a complicated situation. You all are not often among these cases we have just mentioned, but sooner or later it will happen, and you will appreciate having a selfless and effective adviser in the depths of your heart. Never act on the impulses of anger, tiredness or exasperation, which can lead you to behave in a way that is harmful for yourselves and others. If you take stock of your lives very sincerely, you will realize that these observations are not useless and would have helped you in many circumstances. Try from now on to be clear for the sake of your own peace of mind and for those with whom you mix. We do insist on this aspect because it is one of the failings of human beings. We would like you to track down in yourselves everything that can curb your evolution. The more you advance, the more you must rid yourselves of all that encumbers you. Our words are not moralizing. We only want to enlighten you so that you can increasingly clarify your way of being. You will feel lighter, more active and determined to move forward. To see you looking towards the goal and focusing all your efforts on this objective would fill us with joy. Rid yourselves of useless baggage, laden with a multitude of things of no interest. As you advance, you can see it for yourselves and aspire to the purity and lightness that a soul at peace provides. Take stock, reflect and act accordingly. We'll stop here with this long speech and these repetitions, but we wanted them to reach you deeply. Take heart!

Friday, March 22, 2002 - 10:00 a.m. As you advance on the way, your weak points appear to you more clearly. It is a big step in your process. Thinking that Master can sort out everything relating to what we have just said is the easy option; [however] your active participation is desired. It is easy to give oneself excuses; recognising one's weaknesses and trying to remedy them is part of the work. While getting refined, your weaknesses show up clearly and you cannot ignore them. In a spiritual process, all is to be considered; smoothing out the difficulties of the path can only foster its outcome. Become fully aware of all the facets of your personality. 'Know thyself' is a formula, with a meaning broader than it seems, but it starts at this level – i.e., the basic human level – to lead to the reality of the higher being eminently present and the supreme guide of your destiny. It must put up with the vehicle which accompanies it on this journey, while trying to highlight the good sides of the situation.

Monday, March 4, 2002 - 8:30 a.m

Dismiss all this sadness, my daughter; life is a series of new beginnings. Doesn't spring bring about an infinite busting in the manifestation of its strength! Change does not mean end. Even what humans call the end, is not an end; you know it well. Change is creative. It is necessary and it maintains life. There is always a positive aspect in change; you should consider it like that and make sure to contribute to it. Man wrongly creates roots for himself in this world. Big families of the past used to mark their territory, believing they were rooted in the places of their birth. The possession of goods is illusory, just like gifts, whatever they are. Everything is given only temporarily, like all the accessories that stage actors benefit from. Life pulls the strings of the game, like in puppet shows. One should better accept it all willingly, while thanking God for the opportunities granted to him to fully utilise all the resources of this temporary personality.

Thursday, March 21, 2002 - 8:00 a.m

A loving heart does not remain unnoticed. It is accompanied in its rise. It attracts subtle forces that strengthen it, and help it to overcome its weaknesses. By having this holy refuge of faith and love, you will never be alone. Reaching this stage results from a long process developed over many incarnations. What you have in this one is precious: you cannot ignore it and cannot do anything but strive towards achieving the goal. Be grateful for being in this frame of mind, and for having your heart blessed with so much grace. Your encounter with the living Master is the sign of it. Conditions are met to enable you to advance on the way, surrendered to his vigilance. You were seeking before getting to him. You are not truly aware of your luck; this opportunity does not present itself on a regular basis. Not seizing it would result in waiting for a very long time, even many lives, before finding it again. Do not let human reactions, egotistic, drive you away from the source, under the pretence that your brothers within the Mission are not as perfect as you would like them to be. If you yourselves had reached that stage you would not see their faults any more and would not be any more in judgement. Think about it.

Wednesday, March 20, 2002 - 8:00 a.m

It is up to each one of you to ensure that the sacred flame burns in your heart. You must maintain it with acts and thoughts that uplift you above the blackness of the world. It is inside you that holiness is being built by a constant remembrance of the divinity. A flame has to be maintained by sustained attention. What is important cannot be neglected. You are bequeathed a precious good; being able to recognise it, and to appreciate it for its true worth, is a sign of great wisdom. Making it bear fruit requires some efforts; the result is worth it. To appreciate this heritage and relish it throughout your life gives it a rare dimension, which prefigures the succeeding one. The latter will be as you have prepared it, by the attention you focus on the precious values we have just alluded to. Amidst the hustle and bustle of the world, among its many constraints, there is room for developing the initial and sacred beauty. This treasure is entrusted to each one; it is enough to become aware of it, to make sure to preserve it by allocating to it the place it deserves.

Friday, March 22, 2002 - 8:00 a.m

Have we insisted enough on the need for working on your weak points? Repetitions are necessary to man, so that the message can be anchored firmly in him. All humans are at the same level on this issue. Each incarnate being must face up to the various aspects of one's personality; they can prove to be difficult to apprehend and especially to manage. Will he succeed without too many difficulties, or even dramas? There lies the crux of the problem. By opening up to spirituality, he acquires a strength that helps him in all the manifestations of life. He becomes better aware of the precariousness of his life and of the importance that should be given to tendencies slowing down his evolution. This awareness is a step forward on this long way fraught with difficulties. The process is more complex than it seems, this is why we will come back once again to the importance of the Master in accelerating its pace. The most sincere and determined candidate needs this active support capable of saving him from the pitfalls of the process.

Wednesday, May 22, 2002 - 10:00 a.m.

Our Mission – its development firmly established – is nearing a new stage. It is developing quickly in certain regions of the world. An outline of its future scope is roughly taking shape. Time will perfect this expansion, which will have to be managed as well as possible. India is the privileged land of welcome for this establishment; people have a deep longing for the Divine, but this country is not the only one. In this field some surprises are yet to be seen. We are happy to see it growing and especially comforting the souls that find in this practice an element conducive to their blooming. What we propose is accessible to all. A candidate tries our system and decides freely without any pressure. This point is essential – we are not an authoritarian sect; we are unlike existing sects that hinder the spirit governing our way. Time will be able to put things in perspective and eliminate this disastrous tendency, which manifests itself in certain countries of Europe and slows down its [our way's] expansion temporarily. The intentions of God are fulfilled, at all costs, for the good of mankind.

Thursday, July 25, 2002 - 10:00 a.m.

Calm down all this trouble in you, which does not facilitate our contact. Let your mind – like a serene sky – be peaceful and happy to receive us. You force yourself in your discipline to allow this to happen each day. All these words that flow in you, leave an indelible imprint therein. You don't make all these efforts in vain. This rigour on yourself is very beneficial to your progress. You are not fulfilling a trivial task simply required in the context of your everyday life. We will not explain to you what makes it a special one; it is useless. Your heart can take stock of everything this spiritual food has brought to you. These writings nourish you indeed, much more than it seems. This work, done with so much love and faith, meets our expectation. The state of your heart attracts grace; we repeat it, it is an essential condition for this kind of exchange. Work relentlessly for your evolution, with joy, light heartedly, without your practice burdening the schedule of the days. These reserved moments must be a festival, since they lead you towards freedom.

Wednesday, March 27, 2002 - 10:00 a.m.

Overcome your reserve, my dear daughter, and show the love distilled by your heart. We have often come back to this subject; is there anything more beautiful and nobler in this world? Its songs resound in the hearts that call it, and God, reciprocally, accommodates them in his heart. Love creates amazingly beautiful bonds. The human being, who lets himself be subjugated by its accents, cannot define them. Loving strengthens the heart and transforms life, giving it a different light. Let yourself be carried by this vibration that uplifts the soul and makes it replete. Advance in this way; it is your refuge when everything is dull around you. Enter into sadhana with delight; let it plunge you into a universe where your heart can be delighted. Call these moments when nothing else exists but this contact with the divinity. You come out of it with increased stature, and transformed little by little. The gangue of materiality lets in light, which seeps into you, ennobling your soul. Be well aware of all that you are doing and the mark left inside you by these privileged moments.

Friday, March 29, 2002 - 10:00 a.m.

By diversifying our remarks, whether in terms of topics or the way we address them, we try to catch your attention and touch the right chord in you. It takes a lot of words, reminders, and sometimes cries, to catch your attention. Your attention lets itself be caught by any other thing: by nothings – most of the time – that do not lead it anywhere. It takes some inner strength to arrange a parallel life inside oneself, detached from materiality. It all ends up, sooner or later, at this point of coming into being. How many lives are necessary to arrive at the conclusion that everything else, except the Divine, is useless in this world! Sailing on the waters of serenity is no easy thing. This state results from a long commitment, from renewed efforts and from a profound aspiration to reach the other side. Do not be insensitive to the echoes that reach you and make you glimpse a different world, far from human turpitudes. While advancing towards the goal, you can see the effects thereof; blessed moments give you a foretaste of it. Preciously collect the pearls you receive. They prepare you for a more harmonious future life, adequate for the aspirations of a heart in exile, a loving heart.

Thursday, February 28, 2002 - 8:30 a.m Yes, the Mission will develop in Black Africa. It answers the call of souls who seek it, ready to follow a spiritual way. Its scope there will be large in the future. When most of these countries have become politically and economically stable, they could represent a powerful force in the world, on all levels. Their respective wealth, utilised in a satisfactory way for the good of the people, would change the situation. With regard to spirituality, our teaching does not impose any constraint, only an individual practice that each one can adopt as they like and that can satisfy the greatest number. This simplicity is appreciated by our candidates. Some basic rules should be respected to achieve results; it is the least one should do. People who are very different from each other find their bearings in our way and they will be able to benefit from it. The new era will find souls attracted more and more towards what is salutary to them.

Monday, January 3, 2000 - 10:00 a.m Making an assessment at the beginning of this year, we can see that many topics have been treated, and we have come back to the same ones a certain number of times, out of necessity. One has to know how to stop. You have enough food for thought in what has been stored. You can go back; a second reading will make you discover what may have escaped you the first time. That is how the development of comprehension is measured. If you put into practice the pieces of advice we have given you, you will realise the progress made. With sadhana, all the written books and these messages, you have a solid stock that will truly make it possible for your Master's work to bear fruit. Advance with boldness, spare no effort; you are working for yourselves, think well on this. You will reap what you have sown.

Thursday, October 21, 1999 - 10:00 a.m. How can one really understand our relationship, my daughter? You yourself still manage to doubt sometimes. We are old acquaintances; the ties of the heart are very strong between us, and no one can change anything about that. Whether it gives rise to doubt, envy or any other feeling, that is how it is. Thanks to this means of communication, we have found each other again, and between the planets where we respectively dwell, distances are abolished. That can leave one wondering or doubtful, but what does it matter. These messages are real, printed – they are neither hot air, nor an abstraction. The means used is completely contrary to the current techniques we mentioned previously. That is where their originality lies. Open minds must try to understand what they themselves do not experience, and in no way be astonished by the reality of these exchanges between us.

Monday, March 27, 2017 - 10:00 a.m Life in the future will be very different from what it is today; major changes will occur, leading life on Earth to principles quite different from those of current times. An unpre-cedented evolution Sahaj Marg will establish itself over time and will manage to open people's minds in the correct sense. Spirituality could transform this world, now, as it has never done before. Everything has been planned for a long while and will happen in due course for the good of this world that is currently so confused. We are all working for the good. The building of a better world is progressing, in its own manner, and its achievement would surprise people. Special blessings to all.

Sunday, January 9, 2000 – 8:00 a.m.

Consider your body a divine gift. It is a tool of exceptional richness. What you must endure is a blessing. We can speak to you like this because you do know that, and without it you would not have come all this way. Pleasant outings, long journeys, which have not been the order of the day for a long time, would not give you the same results. Your life's path had to be like this and you sensed it from an early age. Advance in surrender, accept your destiny, go even further into this work on yourself; thus will this incarnation take on its full meaning. Neither your globetrotting dreams nor those of a life of action have been realized, but regrets are sterile and you have understood that for a long time, otherwise you would not have reached this point. Your path is exactly what you needed, even if it is not to your liking. When you come to rejoin us, you will realize its richness. You will never stop thanking and singing the praises of the divine Creator.

Tuesday, July 31, 2012 – 10:00 a.m.

The human race is what it is. We have no magic wand. We are doing our best to make it move forward, but it is not simple. A very large number of our abhyasis are making progress – that makes us happy. Our hearts are delighted when we see a soul opening to the Divine and moving in this way of love in its noblest expression. Some of our abhyasis are putting obstacles to their progress by inappropriate behaviour, which brings about regrettable disturbances to our way. No system on Earth is spared, thus is human nature. Seeing only the beautiful in everyone allows every hope for a perfect world. "Time will come when it will happen. After many storms, intense suffering and consequential upheavals, man will have to excel and leave behind the ponderousness inherent in their current status. "Advancing at any cost; touching hearts; helping them realise their true nature through a sound teaching meant to guide them along with an effective practice whose results become very obvious over time; focusing on what is essential; opening one's heart to beauty, righteousness and divinised love – all of these define the noblest attitude possible. May all be blessed and strengthened.

Wednesday, April 3, 2002 – 8:30 a.m.

May peace remain in you, whatever happens! You can foresee comforting prospects for a 'beyond' surpassing the framework of this life, the density of which changes, but which continues its evolutionary cycle. You remain unchanged in the very essence of your reality on this level of existence, and on others. Change and renewal do not mean death. The evolution of the being continues elsewhere while continuing to exist, freed from matter and subjected to other laws. Change supports life; it strengthens it, to lead it to being transformed deeply. Do not fear to leave this world; you will continue elsewhere what you have to do in another dimension, in a different perspective. Thus, the soul carries on, on its road, by engaging in other ways more conducive to its evolution. To remain on Earth would mean stagnation. Planning to leave it, serenely, ready to continue according to the divine laws can only support your progress here below. These laws are simple; it is enough to accept them with love and confidence, and for you to prepare for what will be a watershed, one day.

Thursday, March 21, 2002 – 10:00 a.m.

You tend to avoid contact with beings imperfect in your eyes; their weak points disturb yours. There lies the problem that must hold your entire attention. The spiritual practice as we do it in our way helps you to smooth away the asperities of your character. It makes them surface so as to better apprehend them. Our candidates are searching, they are not accomplished saints; otherwise would they be among us! It is the question each one of our abhyasis should ask themselves, which would encourage them to inwardly develop tolerance towards their brothers. It is easier to see other people's weaknesses than to correct one's own. The cleaning work being carried out in our way is an invaluable contribution for succeeding – this doesn't need underlining. The importance of this action may escape you, but it is essential and it facilitates your progress. Inner purification requires great moral fibre, which you cannot exercise single-handedly. When the heart is ready to accept a guide who will make its work easier, it calms down and renders thanks for so many graces. The horizon clears up; its destiny seems less dangerous to it. All its gratitude and its faith can be expressed; it can henceforth give its best.

Saturday, April 6, 2002 - 8:00 a.m.

M: Babuji, my happiness is there, on this table, with you, when I write under your inspiration. Time does not exist any more, and you only illuminate the place. You lead me into another space, far from the lowness of this world, within your very special vibration where I would like to remain.

B: The time has not come yet, my child; it is necessary to continue. We know that this life weighs on you, but you must remain in it; deserting it would not serve your cause. Prepare yourself inwardly for the commemoration of this birthday that our associates are eager to celebrate. They are right; by divine grace, it is a large scale blessing being extended on to the world in these moments when faith and love can be answered. All that develops in the hearts sincerely creates a special vibration that forms the *égrégoire* capable, one day, of changing the Earth. Everyone benefits from gatherings driven by such impulses. We support them; they are useful to humans who greatly need them. In these times of terror, established in certain countries where men do not want to disarm, we can only bless and protect all initiatives aimed at maintaining love and peace in the hearts. Beware of them, preserve yourself from the turpitudes of this world; maintain in your heart the sacred flame. You are a special 'scribe'; your functions go well beyond. They cannot be defined here; what would be the point in that? Does surrender not surpass all these concepts? To love is your vocation; remain in your remit. Such capabilities must be preserved. We appreciate being loved; it is the law of life. This kind of love goes beyond this world where it has a different definition altogether. Glide freely in this space where you revel in; here, you find your bearings. Your vocation, divested of the attributes of this world, remains ignored by it. Continue on your path, making forays into other levels, not actually accessible by men. You hold this special code, which clears your way to a space where humans don't venture. Some privileged people have access to it. You do not glory in it; it is one of the reasons facilitating the entry. To remain humble is the thing to be done; to continue serving us like that is part of your mission.

Wednesday, July 4, 2001 - 10:00 a.m. Your heart is the receptacle of our love; as such our comments filtering through it are tinged with its substance. Whether you want it or not, you partake in it and you influence our words. This results from the states of your soul. As we already said, you are not a machine conveying without emotion what we dictate to it. This would be monotonous for us and for others; they would not feel this subtle perfume resulting from a special alchemy, fruit of this love which binds us. Everything has its *raison d'être*, men of the future will revert to healthier words, devoid of an exaggerated intellectualism that blurs the faculty of thinking. They will manage to put things in perspective and will remain vigilant so that the true impulses of the heart are not concealed for wrong reasons. Divine love must express itself with all its might; its power can change the world, but whether it will manifest itself or not is another matter. Beware of futile reasoning; love and intelligence do not contradict each other. Take these barriers out of your mind. The Creator blessed man with a great richness of expression, all you have to know is to take advantage of it by rejecting no opportunity.

Sunday, April 14, 2002 - 8:00 a.m

Man is a victim of progress. He is delighted to have an easier life in some respects, but he suffers from the relevant heavy consequences. He is caught up in this spiral and it seems impossible to him to revert to a more balanced and healthier life. It took only half a century to bring him to this extreme situation, from which he cannot extricate himself. A heavy toll was also taken on Nature. This spiral will have to reach its climax before the situation comes back to normal. Man, turned towards spirituality, manages to find a certain balance in spite of this context. He sets moments aside for isolation, and develops for himself a parallel life beside this unsettling agitation to his health. This situation is unique in the history of civilisations. It will not conclude in a very glorious way. Failure to respect the universal rules and laws leads to irreversible situations which mankind will have to be subjected to. By not respecting anything or anybody, man scorns the great principles prevailing for this world – a tiny system in the Great Whole, which disturbs the established order. In this area, extreme situations require suitable and effective corrective measures; this is required by the laws of the universe.

Friday, May 10, 2002 - 10:00 a.m

Yes, it is as simple as that; my Master says it perfectly. We all work on different levels to build a world, a Mission solid in every respect. It is being established, far from the current concepts, without publicity or sensational effects. It is in the making, quite simply, as long planned by the higher authorities. In this field nothing is left to chance, in spite of the inevitable difficulties in all projects, even spiritual ones. Each one adds his contribution to the edifice; thus are built things that defy time. The divine will always prevails. In implementing its plans, it [time] does not really matter. Its ways are not ours; the human being is not capable of understanding the major reasons supporting its intentions. So life continues apparently without any large-scale plan, and yet in the field of the spirit with which we are interested here, everything is thoroughly planned – which is completely beyond human understanding. Never mind. What must be will be; that is the way it has gone from time immemorial. S.E

Thursday, October 4, 2001 - 10:00 a.m.

M: "Forgive me, Babuji, it is true that my current lassitude slows down my ardour for the practice. The heart is in it, but with waning steadfastness. Your understanding encourages me to set out again with more courage."

B: My daughter, we understand this lassitude and its likely effect on your sadhana. The main thing is preserved and your heart keeps singing our praises: it delights in love. The flame which burns in you is nowhere near to dying out; it will continue to shine in the firmament. We encourage you to continue your efforts, because that is how things must be. In this area, motion cannot stop either: it is as vital as physical activity. The prospect of attaining the goal should not fade with time. Remain quite conscious of this situation. This is not a criticism on our part, but only an encouragement to carry on what has started so well. You know it, we are with you in this new test; all our love is not enough to avoid it. Consider it as a new sign of surrender and acceptance on your part. Your ardour in serving us does not wane. Be blessed, my dear daughter.

Tuesday, April 11, 2000 – 8:30 a.m.

What do you mean by 'serving you correctly', the wish you express each day in your prayer? To serve with all one's soul is to open one's heart totally to the Divine and in a state of full availability, without asking oneself the how and why of what must be accomplished. It is, at a certain level, about losing one's identity as a spiritual being. It is letting oneself be carried away – with trust – in the swirl of divine energy and, like a leaf dancing in the wind, settling where one's destiny awaits. It is also like having a kind of double life, playing one's role as a human being, while letting one's heart follow the path marked out by the one to whom it is offered. All this can be achieved easily, in perfect harmony. The essential thing is to love and to let oneself be carried away, happy to generously offer the best of oneself. The Venerable

Friday, June 23, 2000 – 10:00 a.m

V: Look up the definition of the word 'acolyte'. You will understand your role better. (Acolyte – akolouthos in Greek: servant. In the Catholic Church: the servant of the priest at the altar.) Think also of the sensor of solar energy which redistributes heat; it's an image that can help you realize what you are doing in another domain, the spiritual. Keep this message to yourself since you don't deem it a matter of public interest. Seek an opinion on the issue.

Friday, September 10, 1999 – 10:00 a.m. You can see that all was not lost, you're starting to emerge again. Be very careful, don't go beyond your capabilities. That's your problem: always doing more than you can manage. We cannot do without our preferred medium, so spare yourself to ensure what is important, that is, our contacts and what ensues from them. Minimize your material worries for an ever-increasing availability on the spiritual level.

Wed, April 3, 2002 - 10:00 a.m. Don't let yourself be affected by the ebb and flow of life. Preserve yourself by letting the events fly away like images on a screen. Don't pay more attention to them than what is necessary. Your inner being is following its way imperturbably, focusing only on the goal, the fusion with the Ultimate, which will release it from the ultimate test. You should also show only the amount of interest suited to the many events of your Earthly existence. Imagine how it will be when you have completed it. Start developing it even now in order to enrich it, and to prepare yourself for more rejoicing horizons. The tragedy of a great number of human beings is that they attach too much importance to the events that punctuate their life. Get used to placing them in a context divested of the excess interest you attach to them. It is not easy to control oneself, to put things in perspective while being in real-life situations, but this work falls to you personally; nobody can do it in your place. Progress to that end will make you grow in wisdom. See only the main thing by taking refuge inside yourself in this highly preserved place, far from frenzies and worries, and you will find serenity. Make efforts; one day, the divine goal will be reached.

Sun Dec 19, 1999 - 8:00 a.m A flower has opened out in your heart; we watch over it so that it keeps its beauty. Your soul is bathing in this perfume where we feel at ease. We must maintain this channel carefully. We use it every day and these contacts must be a shared happiness; for that, we give you all our care. We prepared you and kept a watchful eye on you like on a hothouse plant, fragile and precious. Do not start feeling embarrassed and saying: what will they think when they read these lines? Do not mind this; all this is directed to a part of your being which you can very easily dissociate from your physical person. You are excellent in this way of doing; so why could we not express ourselves as we see fit? Your behaviour makes us laugh and we like it. It is the result of your life; the armour has received blows, but the heart has remained tender. That is what we wanted to say this morning. Your children-in-heart are setting off. Do not be anxious; their destiny must be fulfilled.

Saturday, December 18, 1999 - 8:00 a.m

Today's seekers are mistaken about their estimates of the age of the Earth and the number of inhabitants it has had. You will find in this book on Krishna³ some confirmation of that, however it should not be entirely regarded as an authentic history. The Mahabharata history as reported in this film is also not a faithful reflection of reality. The holy books of all religions also contain some errors. The facts interpreted and told by men are often distorted. They should be taken as a whole without dwelling on the details. This history of the past is behind you. You, you build the present and the future; this is what matters. What is important for you is to participate in this great adventure of modern times and to do your best so that the world can change in the most important aspects: violence, lack of compassion for the greatest number, selfishness and acts of evil due to the lack of scruples. If each one of you, our candidates, try to change, you will transform the world and your practice will benefit all.

³ "The modern historians of this earth cannot supply historical evidences of events that occurred before 5,000 years ago, and the anthropologists say that 40,000 years ago Homo sapiens had not appeared on this planet because evolution had not reached that point. But the Vedic histories, such as the Puranas and Mahabharata, relate human histories which extend millions and billions of years into the past." (Krsna, The Supreme Personality of Godhead by A.C. Bhaktivedanta Swami Prabhupada)

Saturday, December 18, 1999 - 10:00 a.m The ancient writings changed with the passing centuries due to man-made alterations and deletions. In no religion are the documents presented today identical to the originals. In every era, some people thought they were inspired and made the modifications that they wanted. People should beware of that with regard to what we have written. Our books must not meet with the same fate; these are not individual stories given by some people, but our own writing. Even if it has to take time, we hope that one day these messages will be made available to those who will be ready to accept them. We also hope that beings who believe they are superior and claim to follow their inspiration will not make cuts and suppress what they deem inappropriate. These writings are to be taken as they are; we insist often enough on this point, knowing men's odd spirit and their assessments, which are often surprising.

Wednesday, April 30, 1997 – 10:00 a.m

Birthday of Babuji : M: Beloved Babuji, change my heart please!

B: The transformation of your heart hinges on your body's transformation. Endure with patience, you are working for your eternity. I follow your steps and your progress. I carry you in my heart to lighten your burden, but I cannot do the work for you. It is your life's work, your 'masterpiece'. I give you the elements and you build. Your love touches me and inclines me towards you, towards all weaknesses. You are my blessed child, never forget it. I will never cease saying this to you. Look towards the goal; forget the brambles on which you are walking, lift your face towards the light. Advance in my love, the goal is not far away; until the end your eyes will follow me, mine will not leave you. Be in peace and joy during this holiday, despite everything. I do not forget my daughter Francoise. Let her not slacken; her progress is important, she has my blessing. May you all be united – do not falter, either in action or in faith. I love you, my children; thank Chantal for her dedication toward you. Blessings!

Monday, December 27, 1999 - 8:00 a.m

You are permanently deceived by your senses. You are the victims of your illusions. Do not be shocked by these remarks; it is reality. No, the sun is not as you imagine it to be, neither is the Earth, which was never flat. The truth is veiled, hidden from the beings living on this planet. In the future, as men grow in wisdom, they will advance towards knowledge. All this should not prevent you from living this current life as it is. Your views are erroneous on many issues, but you live in this context and that should not prevent you from forging ahead and being fulfilled spiritually. In all eras, there were sages who were not worried about the great mysteries of the universe. Some took refuge on high mountains to devote themselves to the divine Creator, another lived in a barrel, others were locked up in monasteries. They did not care much about knowing the why and how of things. The Earth is taking its evolutionary course and men have been adapting themselves from time immemorial; so will it be until the end of the world. Strive towards your goal, in peace and in surrender; there lies salvation.

Monday, December 30, 1996 – 10:00 a.m (Here, being unable to go to Augerans as planned.) How can you believe that you are alone, you who know that one is never alone? You are my beloved child. I will lead you to the harbour. You are destined to live in a luminous world, far from baseness and ingratitude! M: Forgive me, Babuji, for not being as well as I would like... B: It is your heart that I see; as for the rest, you are doing your best and life is not easy for you. You manage in spite of that to set an example of courage and faith. Do not worry for Chantal; one day she will know what you did for her, even if she cannot understand it at present. My child, be in joy, in this light that is in you; let it be your universe. Never mind the incomprehension of the others towards you. We do know, and we love you – isn't this the most important thing! Humans have blinders and do not see the true riches. You hold a privileged place for me; never forget it, be strong and joyful in spite of everything. M: Is it really you, Babuji? Thank you, Babuji, you are my courage, my light, my life. Thank you for coming, only you can comfort me. B: How can you doubt it again; haven't I given you enough evidence? My little child, I bless you.

Thurs, Feb 28, 2002 - 10:00 a.m. Spirituality will take up a big share of the future, in all countries. Humans will become adult and capable of making choices with regard to their aspirations in this area. They will be able to divest themselves of old traditions that hinder their evolution. Our way will give satisfaction to the greatest number and we all are working for the advent of that time of collective liberation for the salvation of humanity. Each one of you, while working for your own evolution, you contribute to this imposing project; you should bear that in mind.

Wednesday, April 19, 2000 – 10:00 a.m Try to imagine what the holy alliance of these great souls in the service of the Almighty can be. Think of the work that is being done not only for humanity, but also on the universal level. It is a beautiful example of communion between these beings, beyond fraternity – this word not being appropriate for the reality of this sacred union. It represents a great force, a powerful egregore where each one plays their part and sticks to it without fail. We will not insist; take rest and remain in remembrance of your Beloved. He will come as he has said. (V)

Sunday, January 15, 2017 – 10:00 a.m

This story of messages will not only remain unique among its kind, but also mark this Mission – definitively. Why can we not repeat what is and will be. So many imitators are already in action – how to curtail them – egos are strong in this instance, such is the human race. Isn't the essential thing the fact that these messages exist and help a great many of our brothers and sisters calling for this kind of teaching. Each of the important paths that has left its mark on time over many centuries relies strongly on this form of practice. Thus we 'transmit' in our own manner a particular vibration characterising 'Sahaj Marg'. This way of the heart offers numerous resources, some of which will reveal themselves in the future, when the opportune moment comes. Here, at our level, we thank the 'divine power' for what it has offered us, so special in nature. This privilege is appreciated and will be more and more, you can be sure. Minds are opening up to this extraordinary transmission which will reveal in the future all the subtlety of its action. Ceaseless blessings to all.

Sunday December 25, 2016 – 10:00 a.m

This day of Christmas is celebrated in many countries; it is a time of worship for many human beings. Each country has its own such times, its ancestral habits, and each person conforms to them in their own manner. It is good for human beings to have reference points, to respect customs; these different aspects characterise an incarnation. They profoundly mark the life of every human being. Each person in his or her own manner cleans, purifies and plans, so to speak, what needs to be done to foster their personal advancement. There is so much to do to reach the goal. Many obstacles are yet to be overcome; they are determining factors in a life. They can promote a necessary advancement – the real goal to be attained. There lies the challenge for all our brothers and sisters, each committed in their own way on this long journey towards 'the Essential'. Here, in particular, we take care of this; we follow our aspirants as well as possible to save them precious time in this initiatory journey. This is so important, it deserves very special attention. To all of you, peace and love in order to conclude this particular year in serenity.

Monday, April 21, 2003 – 10:00 AM

Get rid of your worries, the wheel of life continues to turn and it is stopped by no detail. In this movement, nothing that occurs in this world can influence it. It continues its action imperturbably. Open your spirit to the light, the beauty, to that which you know and that which remains hidden in the hearts, but which takes part in the divine plan. This one is important above all, and it is to be discovered, and to be maintained with love and recognition like a priceless jewel. Seek in yourself what can foster its expansion. Open your heart always more to love; only it can work wonders. Man's heart needs words to be repeated. Some of them can touch him particularly and open a secret door hitherto closed with obstinacy, hence the use of this formula in our messages. When they are made available to some of our brothers, some of them will be able to play this role and to help them in their search. These writings will be only one element being added to our method in the same capacity as all the literature that we propose to them. No aspect is to be underestimated in this matter, whose introduction is signed by the chorus of his united Masters. Their spirit is as One; it manifests itself by blowing where it wants and when it finds it necessary. We employ means that are likely to help our brothers, many of whom are making good progress. Is there anything greater and nobler than a soul which is being refined and which is winning its freedom? We bless all our brothers and each one in particular.

Sunday, January 20, 2008 – 10:00 a.m

B: You are in a way, a beautiful way, meant to liberate the hearts fond of the Absolute. Divested of rituals and superfluity, it is expanding on Earth for the good of men, ever-wandering, and torn between human passions and the ever-arising, though unheard, call of the soul.

Monday, July 9, 2001 - 10:00 a.m

M: O Babuji. Beloved father, my tiredness is great; I feel so overwhelmed by weariness, that, each day, I move with difficulty. Am I still able to serve you? I doubt it sometimes. In your great goodness, you accept my weaknesses. I am advancing by letting the pitching of a sailing boat carry me, which takes me to a harbour that I do not know. I cannot be afraid of this strange place. You describe it to us in snatches, and this insight puts my mind at rest. This boat – its captain invisible – is powered by its sails. Weary of fighting and resisting, I let him take the helm; he knows better than I do where I must go and why I am facing the storm. On this point also, he is discreet, he rights the helm when the storm is raging, but he cannot shorten this long-planned journey. Maybe this is what true surrender is all about: to wish nothing but one thing, to fall asleep and never awake again, save on unexplored banks where the divine light magnifies everything and where the soul can sail, immortal and free. Your daughter

Tuesday, July 10, 2001 - 8:00 a.m

My dear daughter, we understand your weariness; it influences the states of soul which further drive you towards uniting with the Divine. You pledge allegiance to the Master, as you say in this letter whereby you have assessed the way covered. You can see how much this weariness can be useful in an area essential for your life. You are moving towards a perfect union of heart with Him. All is positive when seen with the eyes of the heart. Even if this journey seems long to you, it is formative in many respects. It develops and refines you, more and more. When the storm is raging – to borrow your words – the soul calls its God with the strength of despair: those moments are unique. They elevate the heart to heights that make it glimpse an unfailing horizon yet to be discovered. While rising higher and higher, the heart calls a state likely to propel it as far off as possible. Continue on your way, my daughter, you are advancing; do not doubt it. Aren't we here to guide you, and under the best conditions? So, let the 'invisible captain' steer your boat and all will be well.

Tuesday, July 10, 2001 - 10:00 a.m Is this quiet beach where you can be united with us through your heart not soothing? This is what meditation can bring. Being able to withdraw inside oneself relieves one from all the tensions; you have experienced this a hundred times. That space, where you can breathe the air of the summits, changes your vibration. Your body relaxes, it longs for a rest. Meditation brings about conditions, the effects of which you cannot really measure. All your cells vibrate differently. Do not disregard this favour bestowed on you, in terms of being able to reach the best of sadhana. You should constantly aspire to uniting with the divine presence; it is the remedy for many evils. Have the courage to pursue this conquest; one day you will reach the goal. Be happy to be on your way, you are among the chosen ones who left a lot of luggage behind themselves. Have a break, if you so wish, and start off again stronger, without stopping any more. With all our blessings.

Wednesday, July 11, 2001 - 8:00 a.m In every life one is granted the opportunity to serve a noble cause. Wait until the right moment has come that will motivate your action, and then you will be able to give your best if this cause is right and makes your life take on its noblest meaning. There are endless opportunities to serve. You should put yourself into what is necessary and find personal fulfilment in this action, in harmony with your human and spiritual principles. When their moment has come, whoever is willing to be in touch with their fellow man's needs, can act according to their ideals. There are many ways of serving; all you have to do is to listen to your heart and to know how to discern what is good, and above all what is expected of you. Let your life follow its own course. If you are invested with a mission that is being conducted – whether in a spectacular way and under the world's eyes or in silence and with utmost humility – [you should consider that] life is full of resources and there is every possible way to serve. All human beings can find a way to help their brothers: whatever the level, they are in the divine service and this is all that matters.

Thursday, July 12, 2001 - 8:00 a.m.

When the aspirant calls his Master, he is heard; things cannot be otherwise. The answer may not come up to his expectations; being too subtle, he may not perceive it. But he is not forgotten, as he tends to think. You, our brothers who have come a long way, do not bring this situation back to human relationships; it does not belong to the same level of perception. These exchanges with your Master develop you spiritually. They are an important part of your process. Express yourself, appeal to him and pay attention to answers given to you. Humanly, they may not satisfy you, but be reasonable. It will be up to you to draw conclusions from answers given to you according to the events, and your attitude will be rewarding or not. Every life is full of lessons to be learned, but whether one can draw the best from it or not is another matter. Wisdom is acquired at that price, gradually, slowly. Old wise men suffered so many strokes of fate, which have not affected them for a long time; they have passed over this threshold. They take refuge in themselves when the elements rage, thus they do find the safest refuge while waiting for the calm to return.

Sunday, July 22, 2001 - 9:00 a.m.

Don't dwell on difficulties which arise in your daily life, they are mere episodes. As you know, the main thing is elsewhere, you should only consider this prospect and react accordingly in the face of arising problems. Life is a long learning process; its final outcome is subject to the efforts produced, with full knowledge of the facts. Spiritual development is concomitant with this material life and partakes of the noblest register of this program. It requires special attention, which forms a precious asset for your ultimate test. Do not dawdle along the way; be able to recognise where your priorities lie. Face up to the vagaries of your life, but do not neglect its basic quality. We will keep repeating ourselves until the end of this long series of messages, giving you the same advice. It is essential for us to draw your attention to this significant aspect of your life. Many reasons can distract you from your attraction for spiritual practice. You should remain vigilant on this point; you cannot make up for lost time.

Thursday, July 12, 2001 - 10:00 a.m.

My daughter, your heart sings love – this is a natural state for it. This is the best way to unite with the Divine. Your mind and intellect are sometimes barriers which delay you, if you are not careful. Don't trust them; they can make you your own enemy, a traitor for that matter, who tries to interfere in your noble quest. The strength of your motivation must, sooner or later, overcome these barriers which put a brake on your progress. You can find many examples of this kind of renunciation, or rather shall we say of rebirth, in this area. When the time comes, you feel in the depths of your being a call; it is compelling, no barrier can resist it. The power of the divine wave is such that you take a new look at yourself in order to set off again, stronger and more determined to reach the goal. You finally understand; you can see what stands in the way, and quite lucidly you can review your habits and set off again, lighter and freer, on a path cleared of the useless. We keep reverting to the same stumbling blocks; it takes time to lead you to this conclusion. Will you manage it? We are doing everything possible for that; the rest depends on you.

Friday, July 13, 2001 - 8:00 a.m.

My child, all is grace. Grace accompanies your life, it illuminates it – it is constant. You should be able to understand and admit it, and from then on, your life will be transformed. You will advance on a path where, at every step, you will be able to recognise it. Only initiates can live it to the full. It is within your reach, you who are our long-time aspirants; and if, in addition, you read our comments regularly, your hearts are therefore ready to immerse in it [grace]. It influences the entire spiritual life. Subtle and discreet, it has a liking for pure hearts, which call it in return. If you recognise it, its presence will grow in you and you will be as one with it. Then, you will happily advance and you will see its manifestation in every ordeal. You may say: 'These words do not concern me; all this is too much of a complication; I cannot rejoice over the bad strokes of fate – resigning myself [to them] is already commendable.' If you agreed to this new contract, all your life would be transformed; you would be stronger in the face of adversity. If our comments seem to be within your reach, you have taken a big step – which is not easy. For that, you have all our encouragements and blessings to advance in this way.

Saturday, July 21, 2001 - 10:30 a.m

Going back and rereading these messages, you are amazed by the richness of their contents. The day you will be able to reread them from the beginning, you will rediscover them and you will note that they form a coherent whole, and they present some interest. You can assess the way covered by the chord they strike with you. Time, there too, did its work. This daily food influences your path, which is an irreversible gain. It is good, given the stage we have reached, to pause and take stock of the situation. This teaching is a significant contribution to your practice; it provides it another flavour of subtlety. We are happy to see you make progress and realise how much your patience in following us enriched you. Read and reread these messages, you will discover in them facets that escaped you in the first readings. The same applies to the books we wrote. When you wish to read them again, you will draw from them another teaching and this new approach will enrich you. Perseverance is necessary also in this aspect of your process. We encourage you to continue in this direction, with all our blessings.

Friday, July 13, 2001 - 5:00 p.m

I am here. I do not forget the day that changed my life on this Earth. My encounter with you made me discover the pages of a book which I did not know, that it was about a life beyond this one, like many of my fellow creatures, I was thinking this life was the only one. Alas, this belief is very widespread; beings like you who possess this very special gift are helping to inform their fellow creatures of the reality of an incarnation, here below. You changed my life in many respects, and, for this reason, be thanked. That thirteenth of July was a fine day; the day you will rejoin us will be an even greater happiness. We have come a long way in knowledge. Our guides make each one of us advance from our respective sides, yet we will meet again since we are moving forward in the same direction. You will be happy to notice how much progress I have made, beyond what you can imagine. I'm very lucky; your Beloved caught sight of me, and since then, I have been proceeding under his higher protection. We can sing his praises; his greatness is such that you cannot imagine it. Let's be united in this love, now and forever." François

Saturday, July 14, 2001 - 8:00 a.m.

When you have left this Earth, all your present limitations will disappear. Then another life will start for you, built on your current assets. As François told you, a reliable medium plays a critical role by opening the eyes of his fellow creatures onto the realities of the beyond. This gift enables you to help your brothers understand that life is not limited to this stay on Earth; it represents only one link in the chain serving their evolution. "François' [evolution] is continuing; he has grown in stature and you will be happy to see, when you rejoin him, the path he will have covered. His eagerness to progress was great; he has come a long and exemplary way, which is far from ending. His soul is beautiful, we pamper it, he has leisure to serve, he was already driven by this motivation [when he was] on Earth. You have benefited from one another; the encounters of soul mates are [generally] fruitful, they complement and strengthen each other. You can give thanks to have lived together this experience, fulfilling in many respects. You can rest assured about him: he is a sage who serves humanity and beyond.

Sunday, July 15, 2001 - 8:00 a.m

The human heart has infinite capabilities well beyond those recognised with the organ of flesh – considered as the main organ of the body. The heart is the seat of the soul. This knowledge is not very widespread; it is reserved for followers of spirituality, capable of going further into knowledge. Science is timidly addressing this reality, which is grasped by some enlightened researchers. Evidence cannot be revealed easily. When scientists have actually decided to get rid of their old concepts, an important work will be achieved and light will be cast on issues [considered as] taboos up to now. This new approach will show the reality of the being. Religions add to this confusion by developing views that should be modified. This new century will witness the progress of truth in many areas. There will be a need for the deliberately developed obscurantism to be outdated. A new human race will emerge from the present masses. It will actually knock over these old constructions, which will make room for the great universal truth, sweeping away erroneous ideas. That will be the true revolution, peaceful but effective. It will be the prelude to the great mutation of this planet.

Sunday, July 15, 2001 - 10:00 a.m

To meditate deeply is to surrender and let the divine energy flow freely within oneself, it is also to have one's heart fully converted to this step; the most important thing can be obtained only under these conditions. Make every effort to achieve the best. Be receptive, choose a suitable place for this ritual and isolate yourself, in every sense of the word. Prepare yourself thoroughly by adopting good habits which will become acquired through this practice. Make this moment a festive one. This journey deep into yourself must lead you to the heart of the being, this heart which is also the heart of the world. Its resources are infinite; they can propel you on to planes of rare beauty which leave you ecstatic and grateful. Don't feel discouraged if you don't reach this shore as quickly as you would like; perseverance is your best guarantee of success. It will be even more exciting when you possibly could have a taste of it. Pursue your search tirelessly, it is the ultimate goal of the real being which resides in you and is thirsting for this sublime fulfilment.

Monday, July 16, 2001 - 8:00 a.m

My dear daughter, never lose heart; the way is long and difficult, but it is rewarding. As you have known for a long time, ordeals are necessary in all lives. All that lives on this Earth is subjected to the same rules; that is the rule of law. Various kingdoms, mineral, plant and animal, have to suffer, fight to ensure their survival, just like any being living on this Earth. This planet is a place of passage and no one can escape the rules which characterise it. One should try to do his best with everything at his disposal. Everybody's route is different. How to go about it? What is the best pathway to manage it and ensure that it is successful? It is up to you to find the answers. The purebred on the racecourse must give its best to make up for its own handicap and be well placed on the finishing line. You are not a racehorse, you will say; it is an image. Every one of you has your own challenge, which is not the least. You make every effort to be in a good position and to succeed in your test. Even though they let up sometimes, your efforts are taken up again with redoubled ardour; you have an ideal which prompts you to act. Faith, this is the driving force which gives a meaning to your life, it lends credibility to it; to have it is a grace which lights up and transforms the most ordinary life.

Tuesday, July 17, 2001 - 8:00 a.m

Don't worry about this issue; these messages will touch hearts, much more than you can imagine. With time, they will make their way and will reach their goal, which is to help our brothers to understand the subtleties of a spiritual way. This simple language will put them within their reach, much more than purportedly erudite comments, which they would quickly find boring. Books of that kind are very many; they brought pleasure to their authors and will suit some people likely to follow them in complicated twists and turns. That is not our objective. The truth is simple; it does not burden itself with convolutions that are disconcerting for most of the searchers. In this area, they want their hearts to be touched, their souls also, which must be moved when reading a text that must leave an impression on them going far beyond a simple reading. By feeding hearts, rather than the intellect, we go to the most important thing. The message may go through or not, depending on the expectation of the profound being, which, if it is ready to receive it, will be able to transcend it. If it is well received, it will be able to make its way and to contribute to the development of the soul.

Tuesday, July 17, 2001 - 10:00 a.m

As you have noted, our comments always evolve around the same topics. We try each time to give them a different twist, in order to provide additional elements likely to enlighten you. Gradually, we help you make progress in knowledge, thus nurturing your personal request. Objectively, all its movements and aspirations cannot be detected easily; you must exercise sustained attention to succeed in this. Your perceptions, while becoming refined, widen your comprehension. Repetition is necessary; it is the only way to feed properly your expectation on levels that you cannot figure out. This part of yourself is beyond you; we know what it needs and what can satisfy it. Therefore, do not hesitate to keep going back to your work and improving it constantly, as this is tailor-made for you. In its simplicity, it answers all your requirements in this area. Be trustful, your heart cannot disappoint you. Be able to surrender to the feelings it gives you and taste with serenity the joys of the soul, the most real ever and which cannot disappoint you.

Wednesday, July 18, 2001 - 8:00 a.m.

My dear daughter, in a spiritual process, it is love that counts most. It compensates for many failures. It is like a flame constantly burning in a lantern used to light the way. How can one see clearly without it? This special light makes it possible to advance without fear, the bumps on the way being henceforth visible and avoidable. We will never insist enough on this point: love, love ever more. Let your heart open out truly. Give it a chance, open the floodgates, and do not leave any barrier intact. We have already told you: you must arrive at this. There is a time in the sadhana when it is imperative to let one's heart speak. It is the master, in a way; it must impose its law in this special area. Its impulses foster your take-off. Let yourself be carried away, glide above Earthly contingencies. Your meditation is a special time; it must make you grow stronger and reassured on your capabilities to empty your mind sufficiently, to devote yourself to this special communion which elevates your soul.

Thursday, July 19, 2001 - 8:00 a.m.

The connection between my son and you is established at a level which enables you to feel its effects. All these nuances are very complex and not easy to define at the human level where capabilities of comprehension are limited. It is most important to know that there is a life parallel to this one; its field of action is very wide among certain beings and cannot be controlled by them, as they are incarnate. The mysteries of life are great. Some humans would like to explain everything, to classify everything with their own criteria of analysis, yet they are away from reality. Every era has experienced its extremes in all areas. Human error must be experienced to the end, so that finally an acceptable form of truth is restored. This is how it has always been. Voices protesting against some extremes or glaring mistakes, have sometimes paid dearly for their audacity. This form of courage is very commendable; it fosters the progress of human knowledge, which is still, as we said already, very limited. The evolution on Earth takes place slowly and within a pre-established framework.

Saturday, July 21, 2001 - 7:45 a.m.

Hatred and jealousy are degrading and destructive feelings; they are the scourge of the world. Men kill one another for territories, ideas or religions; these are the main motives for war. Evil is everywhere; how can it be overcome and people's minds be changed? Man is domineering; this is due to his low instincts, when they manifest themselves at this level. Only spirituality can bring light to this world, only it can change the hearts and ensure that tolerance is effective among men. Tolerance, this is the keyword; it could change the face of things and bring about a drastic transformation. A redeeming spirit will have to be felt, for humanity to evolve favourably. Future times will see a change in mentalities. Man will no longer be in desperate straits – as he sometimes is – nor be mesmerised by money power. He will have another view of life, a philosophy more respectful of the laws governing it, which will modify his behaviours and the purposes of his existence. All this is not for tomorrow; let us work together and contribute to this advent.

Sunday, July 22, 2001 - 10:00 a.m.

It is the process of repeating our pieces of advice to you that inscribes them in you and makes them re-emerge as the expression of your own nature. When there is a breeding ground, this alchemy takes place fruitfully. You, our aspirants, set yourselves a goal to be reached. All our action focuses on the effective implementation of this program suited to your capabilities. A work enabling you to advance in a constructive way results from these joint efforts. Be patient and determined; your path will progressively embellish itself as it keeps evolving towards the ultimate. You know that your efforts are not futile; which must encourage you to advance with a heart full of joy – that heart which changes with the passage of days and is ennobled in its divine search. It will emerge victorious and will be fulfilled beyond all hope. Keep faith in us, in yourself, do not depart from this line of conduct; it brings the best. We follow you step by step; it is the surest guarantee of success.

Monday, July 23, 2001 - 8:00 a.m.

As you have noted yourself, unlike these messages, some of our books are not easy to read. We already told you: the truth is simple and does not burden itself with complicated formulas. It must be understood by everyone, which is what makes for its richness. By including these writings in our teaching, we will offer to our aspirants a wide scope of possibilities, according to everyone's aspirations. This teaching should not be reserved for a few; it must be able to touch hearts, without distinction of race and education level. The sacred texts of the past, which are a reference in some religions, are accessible to all by their simplicity – this is worth emphasising. Men of letters are getting rare in your societies; they don't have long hours any more to reflect on readings with abstruse content, as well as to reflect on their spiritual development. This century will completely change habits; the day-to-day way of living will be very different. All will have to be readily accessible and understandable. Our comments will touch the hearts that will find time to focus on them for their own greatest good.

Monday, July 23, 2001 - 10:00 a.m.

The way of the heart is the same for all: more or less winding in its approach, but the end is the same. It is about taking a good step by wasting as little time as possible. You are experiencing our method and you are satisfied with it; you know the ingredients necessary for success. It is up to you to advance with discernment, to make choices, while keeping your priorities well in mind. Only you can make these choices; it is your life that is at stake. Your commitment implies our action in the general sense of the word. You are not advancing in isolation; you partake of a great movement, which is expanding on Earth. It is as yet only embryonic, compared to the very large audience it will have in the future. The spiritual aspiration of beings will grow more and more; they will look for means that are within their reach and suitable for their way of thinking and living. The simplicity of our practice will appeal to them; they will find in it beneficial nourishment fully in line with their expectation.

Tuesday, July 24, 2001 - 8:00 a.m.

Life is constantly repeating itself. It should be taken as it comes, without refusing what comes along. Whatever may happen, you can change nothing; it is better to welcome the undesirable with as much hindsight as possible. Days are added to days, and most of them do not leave in you an undying memory. All is relative, the good as well as the bad. You must move forward on this often inconvenient path, while clasping to your heart this priceless property of yours. This property is highly precious, since it is out of reach of all that can reduce to ashes the most sumptuous material goods. Your inner treasure is beyond the reach of cataclysms, whatever they are. It is in a safe place, it is inalienable. This reality must enable you to advance calmly and to accept that all material properties be removed from you. This stay on Earth is only a transitional incarnation for you, no more or less significant than the others; they are merely the links of the chain which leads to the final conclusion. Only this overall and final result, meant to make of you a new being, matters.

Wednesday, July 25, 2001 - 8:00 a.m.

My daughter, you should distance yourself, try to unite with us and forget for a moment this new problem which distresses you. We are not insensitive to what you have to endure, believe us. Be delighted at the thought that your Master has been happy throughout this birthday. Many of our aspirants were able to show him all the love which drives them on. He felt our love in him in a very personal and strong way. In spite of his great weariness, he continues to serve us with great faith. He is a living example of absolute devotion to the divine cause. He is advancing, carried by the faith and love he nurses for his Masters. He is serving a great cause and is a brilliant illustration of a line of great spiritual Masters who influenced this world. The Mission is advancing at its own pace; it is opening up and sowing a wide furrow where a harvest that will bring wealth to future humanity will emerge. Continue, you also, with greatest faith; make of your path a luminous one, you possess the formula capable to make it sublime.

Thursday, July 26, 2001 - 10:00 a.m.

My dear daughter, you let yourself be guided as we wish; it took some time to achieve this result. Among humans, there is a gap between what they want or believe they are and what they really are. The desired success results more from an appropriate spiritual work than from an individual's will – which has no influence over this deep and real aspect of his nature. To let go – an expression used every other minute – is an abstract concept. The desire to do, in and of itself, is no solution to the issue. Placing oneself in real-life situations is the primary attitude to be held. Conditioning to this state will really take place after a long work on oneself, backed by the assistance of the Master who puts the finishing touches to this work. The transformation of human nature cannot be brought about from the goodwill of a being, however convinced he may be of the need for change. The victory is all the more remarkable. Transformation through spiritual work gives lasting results. They persist during this incarnation, without the aspirant necessarily perceiving them, as his true nature cannot be easily revealed. Continue on your way with the most complete faith in your destiny.

Friday, July 27, 2001 - 8:00 a.m

Do the surrounding noises and your body – which bother you – actually matter? Don't you hear this music in you? Let your heart sing, listen to it carefully, it is happy and detached from this world. It hears only us and it communes in the divine splendour. This jewel is highly invaluable, it was chiselled with the passing of time and it reached a level protecting it from storms. My dear child, we know that your life is not what you would like it to be. Your dynamism prompted you to action, outside and on the move. We do not come to this Earth to do exactly what we want, this would be exciting, but the contract which binds us to this incarnation would not be fulfilled. You just have to resign yourself to and make do with what things are. What you do each day and sometimes under difficult circumstances is valuable, believe me. You are not fully aware of the importance of this work. Alone, these messages will not change the world, but they will help our brothers tormented, as they are and will be more and more, by difficult living conditions. Rejoice to be in the heart of this action and to be able to receive what we wish to give to help them.

Thursday, January 20, 2000 – 10:00 a.m

This love is shared, my child, you know it. It follows us from life to life. Destiny has been such that we did not meet in this last incarnation, yet our current relationship is no less beautiful for that. Would we have communicated as much if you had come to see me in Shahjahanpur? I doubt it; our respective sense of modesty would not have allowed it. The gift you received is a true blessing; you can see what it enables us to achieve. You ask me to speak about Love again? Love is the most beautiful thing we can give or receive and also the thing we take with us when we leave this Earth. It is a kind of viaticum from which we do not part. Pure love, selfless, in its most beautiful, most sublime form, is a true treasure. It is a godsend, it is our best food. Be insatiable, all of you – give without counting and you will have the return. This love, above human baseness, is a gift from heaven to be cultivated, maintained inside yourselves as your most precious asset. Never forget it.

Friday, July 27, 2001 - 10:00 a.m. Yes, my child, sing the praises of your Master, call him in you, in this space where the best communion is possible. Your soul exults in this contact, it has found its access path to it and we rejoice in this union of your two souls. It takes much time to reach one's destination. You also can rejoice to have covered such a way. The human being sometimes jibs; he tenses up in an attitude that is not desirable, but he must get over this hurdle and free himself from this sort of limitation. Man, in his mind, puts up barriers to himself, which delays his progress. We put emphasis on your own development, because it is not the only case. You are not the only one to behave this way; every human being has his own weak points which we must remove to allow him to advance more quickly. Don't you feel more free and happy to have reached this state of surrender? You put your trust in us, in your Master, since the day you made the first move in our way. If you could really measure the way covered, your joy would be much greater.

Monday, April 17, 2000 - 8:30 a.m. The Venerable (V): Know that being in the service of the Divine is a permanent work that never ends. Earth, as well as other planets, pursues its trajectory tirelessly. The same is true for the entire creation. Rest and satisfaction come from service well done. Imagine a human system with holidays, strikes and claims of all sorts. It would be anarchy. Where would the universe be headed with such processes? It's a characteristic unique to people of the Earth. Would your heart stand a disruption in this divine and sublime contact which makes it live? You can't imagine it. It has become essential to your life, and you have offered yours for Him to use it as He pleases.

Sunday, July 29, 2001 - 8:00 a.m. A faint light has started to peep through the horizon. The broad lines of future evolution are taking shape gradually. Everything has basically to start all over again. By changing genetically, the race will evolve. The real change must entail this transformation at the human level. One cannot build a world of higher spirituality with what exists currently. The theory of evolution as seen by scientists is not right, because it is strictly limited to the human component, to materiality. Other aspects than those taken into account in this theory are to be considered. The human being must be considered from every angle, which does not boil down to an assembly of cells. By working its way up to a higher level, the planet Earth will carry along the whole creation. Some animal breeds are also at the dawn of this surprising change for man, who in a distant future will have to respect more all that lives and evolves around him. The rule of total harmony won't happen in a hurry, but it is in the making, whatever the thinking of today's man who will have particularly to refine himself, to align himself, with new realities.

Sunday, July 29, 2001 - 10:00 a.m.

Full acceptance is not easy to achieve. Being confronted with serious problems, you can assess what you really earned in this area. To reach a close-to-ideal state on this requires some sense of self-control. It is commendable to do one's utmost to achieve this result; even great saints sometimes failed in this domain. You may sometimes think that spiritual life is demanding, all these efforts sometimes weigh [heavily] on you, but after a break, you can set off again, strengthened and more convinced than ever of the need for you to continue. Without this band of light where you can advance each day, you may find your life empty and gloomy. Your spiritual process gave its true meaning to your life, as well as a dimension which makes you bear the setbacks, as well as all kind of ordeals and disillusionments inherent in this world. You live on this planet where all is mere illusion. In this case, how could you advance on firm ground? Nothing is acquired in a sustainable way for you and the loved ones around you. One can gain and lose anything in no time at all. Uncertainty is part of your life, only faith enables you to adjust your existence as well as possible.

Saturday, June 22, 2002 - 10:00 a.m.

Be centred in the heart of your being where it is all peace and joy, far from the noises of the city, of which it is advisable to forget in these moments. This blessed garden welcomes the song of the angels with happiness. They protect this place that has become liveable. Little by little, the undesirable asperities are eliminated, leaving room for a space that is to be conquered and embellished. All is possible in this holy place where the vibration is light. Its subtle perfume is love which one can guess before even feeling its captivating effect. This rapture is fleeting, but so gratifying for the heart of the wise man. Very often, faith makes him follow this way, which brings him onto enchanting banks in bloom. In these places, he can praise God just as he likes, far from the artifices of the world where everything is distorted by an illusory veil. This melodious song delights your soul, my child. Think of all beings on this Earth, as well as yourself, who follow the same process: uniting with God with a receptive heart. Let yourself be carried by this ceaseless wave, giving you an outline of the celestial bliss.

Sunday, January 1, 2017 - 10:00 a.m

A new year begins, according to your criteria. All peoples have their own. We conform to the customs of one and all. Our action lies well beyond all these conventions, while nevertheless respecting those of all our abhyasis. We unite them in our own manner, in an energy whose action is unique and whose results are measurable. A perfect incarnation free of trials does not exist. Each incarnation allows the spiritual entity of a human being to progress, to advance in the discovery of a higher reality to which it is good to conform. So many lives are needed to reach the goal alluded to here. Where does life begin and where does it end! There lies the question. Each of the different worlds of creation has its own mystery. The entity of all must conform to divine laws, and these laws alone naturally prevail, a fact which totally escapes general knowledge. Here we try to open 'this path', to make it accessible to minds that are open and that do not limit themselves to a very restrictive view of the phenomena governing the world. All of creation forms quite an impressive whole when it is possible to approach it and go deeper into its causes and effects. The Sahaj Marg path was designed to guide the human being towards a certain state of wisdom. There is so much to do in this regard. Bringing this world to a satisfactory level of elevation remains the challenge to which all of us here are committed. May the best happen for all.

Saturday, June 22, 2002 - 8:00 a.m

Some words, some acts do not fit in any more with a high spiritual state. They are not compatible with a subtle vibratory state. The new being which is taking shape in you has different objectives. Its personality has evolved, it has become refined, and its views are broader, more open to the suffering world that surrounds it. It is less focused on its problems. It puts their importance in perspective. By understanding the goal of its incarnation, it more easily overcomes the dramas arising in its life. It knows that they are inevitable; that no being escapes them and that the divine laws are made like that. It thanks God for opening its mind to wisdom; its heart is grateful. It advances reassured, having understood why its life must follow this way rather than another that is less appropriate to what it must live and learn. By choosing a Master, it takes a great step ahead. The thorns on the path seem less frightening to it. It surrenders, confident in its destiny, present and future. God is Great, so it thinks: my Guide knows what he does; it remains for me to carry on, on my road, as serenely as possible.

Friday, May 3, 2002 - 8:00 a.m There is always some work to be done on oneself. It is enough to have the necessary hindsight and to keep a check on oneself. This constant attention dissuades [us from] looking at others to criticise them. This game partakes of the human being; what could be easier? He finds in the other a duplicate image of his own, which more or less resembles himself. One should see only the good aspect in each one; this practice is constructive and redeeming. With time, the sadhana levels the asperities of the character. Detachment and interiorisation release man, little by little, from his most outstanding faults. He does his level best. He tries to keep a check on himself and his eagerness to become better is an asset, which works in his favour.

Wednesday, May 29, 2002 - 10:00 a.m Your life is exactly as was planned even before it became effective on this Earth. You accepted the modalities of its course and it unfolds accordingly. Rejoice to be able to take advantage of all that was planned and to receive these messages, which we inspire in you each day. We often told you, life has surprises in store and so will it be until the end of your life here below; nothing is decided in advance and definitively. Each page turned calls for another one until the word 'end' appears in filigree on the great book of time. The web of destiny does not forget anything essential to the process of a soul. Its major aspiration is to turn to the sublime source from which it originates. Going past each wave and freshly taking heart, it advances seaward, knowing that it is undertaking its longest voyage. But serenity dwells in it; its force comes from the depths where the Divine Presence – attentive to its efforts, to its courage to conquer out of love the obstacles inherent in any life and which lead to victory – manifests itself.

Monday, June 17, 2002 - 10:00 a.m. This diving into yourself, is it not worth all the joys of this world? The depth of your mystical life must enable you to realise that. The more you will advance on this way, the more you will be detached from useless aspects. Your priorities will no longer be the same ones; see the progress you have already made in this spirit. You are not the same any more; a heart enamoured of the absolute develops beyond the appearances of your own personality. You keep calling in you the divine greatness, its force and its gentleness. You will want to be only as one with it, in all the fibres of your body. You would like your soul to merge in it and to exist only by it. You feel pumped up and carried by this force, in these unique moments when you commune intensely. Our most fervent candidates, the most mystical, will understand these remarks; they will own them. They will integrate them perfectly and will live them with a heart full of joy. May it remain in them and in all of you who are seeking the Unique, i.e. the Divine.

Friday, December 2, 2016 - 10:00 a.m. These messages have an importance you cannot imagine; only time will accord them the attention that is their due and bring to light their true value. Our dear Kamlesh will contribute greatly to this. His vision of things is broad, and this asset will serve the Mission as a whole. In the future, the Mission will take on proportions inconceivable today. We are repeating this, but how can we do otherwise? The impact this Mission has on hearts will never cease growing. The future will open minds to this aspect that is essential to life in its reality – a true spirituality capable of turning certain negative aspects into positive ones. That is not insignificant. The Sahaj Marg Mission has already made progress unimagined at the beginning. So began other beautiful spiritual paths now holding a reserved space here on Earth that is considerable. Ashrams are important; they are charged with a special energy undetectable by humans but real, you can be sure. May the greatest number engage in this way of the heart, whose effects produce the best in committed and fervent hearts. We support all our brothers and sisters and respond abundantly to their calls. So it is, may we say once again. Blessings to all.

Sunday, June 16, 2002 - 10:00 a.m.

We should, all of us, conform to a higher will. That is the way it goes, the divine laws must be rigorously followed wherever we may be, and whoever we may be. In the higher spheres where we are, each one is respected in their individuality, and is united with all, according to the divine order. It all takes place with the greatest rigour, with the aim of establishing a universal and lasting peace. Respect for one's fellow man is the primary quality; everything is based on this principle. That is how it should be on the Earth. Divine love starts at this stage since each being living on this planet originates from the same source. The laws are very strict in this aspect; to harm one's fellow man is a heavy handicap on the evolutionary path of the soul. To become better and tolerant must be, for each one, the objective to be reached. Judgement is destructive; it harms the human condition seriously. A man who gets himself trapped in this process, slows down his own evolution seriously.

Sunday, May 19, 2002 - 10:00 a.m.

Life is built on change. You change and everything changes and evolves around you and inside you – continually. Life in its essence is a long process of mutation, at all levels of the being. You are no longer completely the same today as compared to yesterday. It is desirable for man that this change brings him towards good. This long process offers him multiple opportunities to change himself, by accompanying the renewal of the cells of his body with a revival on more subtle levels. His soul thrives on all the experiments that can enrich it. The way of life of an incarnate entity is fruitful in this respect. What will remain of this crop when the time comes? Accounts and assessments? Only He will be able to tell. All has its *raison d'être*; you have to resign yourself to that when tests arise. To accept joys and sorrows with the same gratitude is a sign of great wisdom. Is this the case as far as you are concerned? We hope so for you. May our blessings strengthen you towards this.

Monday, June 13, 2016 – 10:00 a.m

You see the importance of these messages, their impact on hearts; rereading this beautiful testimony sent by a sister abhyasi from California touches you infinitely. Many of our brothers and sisters in the world find themselves in the same situation; initially uncertain about these writings, they are now convinced of their inestimable benefits at the human level. They are not given in vain, we have said it often enough, and the future will highlight even more their action and their priceless benefits; they constitute a true treasure for our Mission. You cannot answer all these letters, but they support you over the course of days in this very special action to which you devote your strength and all the love that constantly carries you. You live withdrawn from the world, which is not a choice but a necessity due to your physical condition of chronic sufferings, so well hidden from human eyes. As for ourselves, nothing can escape us. Do not feel embarrassed by these words, our support is important for you; this bond of the heart, is it not your 'raison d'être', and even more! In addition, you express so well this very special love that binds us. All the Masters of the Hierarchy follow this Mission attentively, so special is it in its action – the individuals who represent it will leave a strong imprint upon it. The current Master will give it a dimension never before attained. He is facilitating its expansion in the world; modern means of communication are very significant in this matter, and they help him generate the best that can be. We appreciate his action, and he fully meets our expectations. He is our very dear, great and blessed son. He will continue to surprise. To him, especially here, our constant blessings; he has all our love.

Tuesday, November 16, 1999 – 8:00 a.m

There is no difference between the street cleaner and the brilliant academician, only a social veneer differentiates them – upbringing, education and culture. What about the real being, incarnated under one appearance or another? Whoever they are, they have the same limitations. They don't see any further than their human barriers allow. The only things that can truly distinguish human beings are nature, the evolution of the soul and the spiritual life that animates them. However brilliant you all may be, reality escapes you. Know how to cultivate values that go far beyond an incarnation: a capital that will follow you and not lose value, regardless of stock exchange quotations and human assessments in general. You have chosen to follow a spiritual path, thus you have already understood where true wealth lies. By taking this step, you have set yourselves apart from a good number of people who are up to their necks in materialism. How long will it take them to lift their heads and catch a glimpse of the light. So pray for all your brothers and sisters who are in this situation, and for humanity as a whole.

Tues, Nov 16, 1999 – 10:00 a.m That my son appreciates receiving our messages in no way detracts from his greatness as a spiritual Master. He is incarnate and experiences human feelings just like all of you. He is very tired and sad to be separated from his Master, unhappy to have lost his life partner, and weary of all the difficulties inherent in an incarnation and of the responsibilities that fall to him in fulfilling his Earthly mission. He too is longing to come and rest on the celestial fields, close to us, but he must go to the end, without weakening, supported by our love for him. Whatever the role you have to play, that is how it is for each of you. Do not weaken, even in difficult times; know that all of you have to go through unpleasant periods, it is in the order of things. You possess a great treasure, faith, therefore you possess what is most important. Direct your eyes towards 'Him', who came to help and guide you towards what you all aspire for – unique and total union with the Creator of all things.

Friday, June 25, 1999 – 8:00 a.m The impulses of the heart are not intrusive emotions. Today's higher education, through certain disciplines, produces slightly 'uptight' individuals who are repressed in various aspects of their personality, stifling all spontaneity. Make the distinction; know, when necessary, to express yourselves with the heart and not with the head. Move away, when needed, from self-control at all costs. We are not asking you to become naïve simpletons, but to be fully fledged human beings, not systematically rejecting the good, the nice, aspects of yourselves that could be expressed. If you are not careful, your Western civilization will produce robots.

Monday, November 15, 1999 – 10:00 a.m.

You see how diving into oneself relieves the stress and worries that assail you all unceasingly; it is a person's only and 'true' refuge. A universe of peace and love lies within each of you. When you are no longer in control of a situation, let it be your reflex to take refuge there, if only for a few moments. Life is a daily battle; you must see it through while sparing your energy reserves. Don't waste them every other minute. Save them for what is really important. Learn to manage everything sensibly; your physical balance depends on it, just like your spiritual fulfilment. Try to find a happy medium in everything. It takes an apprenticeship, sometimes a long one, before you get good results, but that is worth some effort. We are no righters of wrongs; we only try, as is our role, to open your eyes by suggesting a way to lead your lives for the best. It is not easy for anyone to find the right path; a well conducted practice will lead you to wisdom. Never lose heart, it is essential.

Saturday, November 20, 1999 – 8:00 a.m.

Love opens all doors. Apart from your spiritual life, all of you can verify this around you – good thoughts and finer feelings that you show to others remove barriers. Beware of certain reactions you may have in the presence of unfriendly human beings. Try to offset this attitude with an opposite reaction, otherwise you will reinforce theirs. Love is lived every day. Try to extend the inner state you experience in your practice to every moment of your life. It is a fairly long apprenticeship, but it pays off. Thus, you will no longer dissociate these two aspects of your life. You will gain from this, you will face up to events more easily. By responding to aggression with an equivalent reaction, you pollute your- selves. With some effort, you will arrive at a certain degree of self-control. Even if sometimes you lose your temper, you will rectify the situation very quickly. That will benefit your inner peace, and you will no longer blame yourselves for having overreacted. Plunge into yourselves and find your calm and the serenity that unites you with the Divine.

Thursday, June 29, 2000 – 10:00 a.m. Think that your life is a wonderful garden and that you can, at your leisure, observe the infinite variety of forms, colours and scents. Evolving in this environment, a masterpiece of nature, must bring you great joy, since admiring creation has always aroused in you waves of gratitude and love for the One who is All. In this imaginary enclosure, you can give free rein to the redeeming wave that invades you, and become one with the divine source. My dear daughter, do not sink into melancholy, as you are doing in this moment. Try to chase away this sadness which assails you; it is out of place. See the good side of things, you are not abandoned to your sad fate as you believe. Even if you were more surrounded, you would go through these nostalgic moments of a more active and more cheerful past. Explore other ways, other riches; we lead you on a path that you do not know, but which, sooner or later, will delight your heart.

Friday, August 2, 2002 - 10:00 a.m. When you leave this world, you will see life from a different perspective. You will realise the narrow-mindedness of humans. However enlightened they may be, they remain within the limits of the nets of maya. Except for some special beings that are superior to them for higher reasons, it is all limited to the conventions of this world. Among our most convinced candidates practising with rigour, there is a certain number who remain tied to beliefs limited to those established by men. It is not easy to raise the veil of centuries of erroneous theses built to support a domineering attitude over mankind, which is taken aback by its own weaknesses. We can only remain within the current possible limits. Our aim is to help them spiritually, while giving them the necessary means.

Wednesday, August 21, 2002 - 10:00 a.m. Be happy to benefit from the divine graces and our attention to you. We keep repeating it to you, but you, humans, you always need evidence. In your moments of mystical transport, all is perfect, and then you let yourself be caught up again in the movement of life, and your perception of things changes. Try to permanently keep a stable spiritual condition, which can shelter you from doubt and discouragement. We can understand human weaknesses. Our lives were particularly difficult, and we were not spared anything. Only our spiritual life was the surest refuge. The guidance of a beloved Master is the supreme comfort, the heart not being isolated any more in its loneliness. Moved by the graces it receives, it advances in confidence.

Saturday, July 1, 2000 – 10:00 a.m. My son aspires to a more frequent communication with us. Do you feel able to manage? The technical means required for this seem to be well designed. We will make some more targeted tests. The messages he has received filled him with joy. It took a long time for the system to be put in place; this is how it is in your world where nothing is simple. My dear daughter, you are going to have the opportunity to give the best of yourself. We know that you want only this: to serve us. Making my son happy is a joy for me. It is a way for all of us here to show him concretely, with these messages that are but mere words laid down on paper, how much we support him in his action and how much he is appreciated and beloved. His path, contrary to what you all may think, is far from being easy. With this sort of correspondence, we have the means to put some balm on his heart. May our hopes in this regard materialize for the good of all.

Monday, July 3, 2000 – 10:00 a.m. Do not worry about what becomes of these messages; there are good people around you who will be able to manage the situation. What concerns us is to respect the form and content, without wanting to remove anything. We repeat: correcting a French language mistake, yes, but altering them to the liking of those who will have to decide their fate would be a mistake and a lack of respect for what we wanted to convey. That is not yet the case; let's finish this 'Epilogue' and time will decide their future life. As concerns M and J, a page is being turned, another life awaits them; they may be thanked for the work they have done with such heart. They will remember with emotion this period, which they do not really realize was so enlightening. Life is movement, change, evolution; they have yet to complete this work, then set out in another direction. Under our benevolent gaze, they will be able to pass on all that these messages have brought to them. With our blessings.

Friday, August 2, 2002 - 10:00 a.m. When you leave this world, you will see life from a different perspective. You will realise the narrow-mindedness of humans. However enlightened they may be, they remain within the limits of the nets of maya. Except for some special beings that are superior to them for higher reasons, it is all limited to the conventions of this world. Among our most convinced candidates practising with rigour, there is a certain number who remain tied to beliefs limited to those established by men. It is not easy to raise the veil of centuries of erroneous theses built to support a domineering attitude over mankind, which is taken aback by its own weaknesses. We can only remain within the current possible limits. Our aim is to help them spiritually, while giving them the necessary means.

Friday, July 7, 2000 – 10:00 a.m. Do not fear anything, wherever you may be, we remain in contact. Even if this does not result in a written message, you can rest assured, we can communicate in all circumstances. At another level, you will note that the distance of M and J does not change anything in your relationship and how we manage our affairs. The modern means are very efficient; distances no longer matter and information can circulate freely, without any problem. Many individuals would be able to communicate with us, but in your industrialized societies where humans no longer know how to interiorize themselves, they block latent capacities that cannot blossom. They have a need for action, noise; their senses are perpetually on the alert. They no longer know how to listen to nature, or to respect the body and its basic needs. They lose their balance, their health, caught up in a mad world that inexorably distances them from the real goal of life. Will humans one day return to more wisdom, discovering the many riches of a life in which a balance between the material and the spiritual is respected? It is the goal we have set for ourselves in bringing to the world this remarkable tool which is our method.

Sunday, July 9, 2000 – 10:00 a.m.

You are not an exception; the faults you blame yourself for are commonplace. Human beings tend towards perfection, but must fight until the end with what you call your failings. If you were perfect, you would have your head in the clouds. You must remain anchored in this world and face up to all the difficulties that arise, while preserving that which is beautiful in you. Living on this Earth is not easy; the Masters also have to struggle with their own nature, believe me. Nothing is simple; that's precisely what makes for the richness of an incarnation. It's the ideal means to advance. One must comply with the rules of the game, if one wants to emerge honourably from a path fraught with pitfalls. Each one of them compels you all to face up to your responsibilities. How will you proceed? In all good conscience you all know what you must do. It's about sticking to that and not letting yourselves be carried away by regrettable reactions. Reflect for a moment in the face of each situation that deserves your attention, and try to keep your self-control: this is what we wish for all of you.

Saturday, December 22, 2001 - 8:00 a.m.

As you can see it is all simple: the relationship with God is made of love and surrender only – love, primarily. If one advances towards Him with a wide-open heart, He will necessarily recognise His creature. What else can one give Him, He who has all? Nothing. He wipes away the tears of repenting hearts that turn to Him. He loves His children, over all. He wants only their good, even if the effects of this love must entail tests and tears. It is in adversity that they look towards Him – imploring, repenting and subjected. A life of pleasures and joys would not be enough to mould a soul; it needs to experience all states, including suffering. The most beautiful ones go through this stage, where, out of utter helplessness, they call the Divine Father. Love is not easy to decode. It comprises many facets, each more subtle than the other. Love that is addressed to God is unique, because of another essence, a blessed one. This form of love is unique since it is dedicated to the creator of all things. It is right that it be so, as it is man's sole means to show his gratitude.

Tuesday, December 25, 2001 - 8:00 a.m.

My child, God is your only and true refuge, never forget it. All is vain and illusory in this world. Only His grace helps you to live and face up to events. The recent tragedies showed it; they open men's eyes to the precariousness of life and the need for opening up the heart to divine love. Many humans become aware of it in such circumstances and turn to Him, the supreme refuge. Nothing is stable and definite; anything can be swept off instantly: a life, a skyscraper, a love which one believed immortal. This is how it goes with the things of life. He only remains immutable, omnipresent, in His own way. Men's torments are not innocent; they have their *raison d'être*. They characterise a destiny likely to make the soul grow – through fire – to join Him in the celestial bliss, where all is perfect. Man must burn his dross before aspiring to the ethereal levels where all is beauty, purity and love – a type of love which the common run of people cannot have an idea of, since it is sublime and of divine essence.

Thursday, July 5, 2001 - 10:00 a.m. Contrary to what you think, your heart is not in exile; it can find us when it glides happy and detached from the constraints of this world. It is an opportunity granted to men, when they are ready to make the step. A soul eager to unite with the Divine finds its own suitable way towards fulfilment. It is time that decides on the modalities of the journey, but no matter what happens, sooner or later, the goal will be attained. We cannot impose on you any longer; it is imperative for you to rest. You have a wide range of options; you can take a look back and assess how these contacts have benefited you by your immersion in our thought. You can read again some of these old messages; this reading will enable you to measure the way covered. Do not feel guilty. We can take a break. Meditate, my child, it is the best way to rejuvenate yourself.

Thursday, December 27, 2001 - 10:00 a.m.

My daughter, through you we can address all our aspirants. What you are experiencing, your sufferings, your doubts, your fears for today and tomorrow, all that belongs to what each one of you must go through sooner or later, to varying degrees. Spiritually, you also go through the same levels, the same process, and the associated questioning on the outcome of this work, which is not supported by university degrees. Only your own sensitivity facilitates your evaluation capability. The results cannot be measured with human references, hence the difficulty, for you, to find your bearings. It is in your heart that you can find answers – through an increasingly profound meditation which leads you on to planes where human points of reference are out of place. The special joy you derive from this contact with the divine presence is unique. It must constantly grow deeper, to become increasingly intense and complete. In these moments, your mind is no longer assailed by calculations and doubts. You are gliding above all the human contingencies to unite with the Divine and the rest does not matter any more.

Tuesday, December 11, 2001 - 8:00 a.m.

Your body renders you great service; it burns with a liberating glow which raises you up to planes which you aspire to reach. You are like a hot-air balloon, which ascends thanks to the combustion that sets it in motion. Consider your life like an offering to the Divine. Let this other flame burn in your heart – this one is a song of love which hallows all this alchemy. Once this stage has been reached, the spiritual life takes a larger place at the cusp of two completely opposite worlds. One is extremely materialistic, and the other is completely out of time, as is lived by these great sages of India or somewhere else who are perfectly detached from the world, whose souls brim over with love in a body worn-out by the onslaughts of time. They are extraordinary beings; beacons intended to illuminate the world and to bring to it, in the silence of meditation, the benefits of this divine work. These great souls represent a powerful support for humanity. These beings are not understood by a majority of individuals, especially in the West where these concepts are mocked. Anyway, each one has their own role, starting from the foot of the ladder. There are many degrees: the higher the degree, the more risky the rise. An unfailing faith is the only force possible that is capable of making a success of this exploit.

Tuesday, December 18, 2001 - 8:00 a.m.

Advance in confidence, go beyond this lifetime, get a glimpse of a future elsewhere, full of your current and past assets. One day, the incidents of this incarnation will be instantly forgotten. Your progress is enlightening – do not deny it. You must instead be thankful for all the experiences you have been privileged to go through. Sufficient unto the day is the evil thereof; thinking about tomorrow is useless. Anything good or bad that must happen cannot be avoided. Be surrendered to the divine will, my child. Anything that happens is for your good; there is nothing you can do about it. We are close to you and we help you in our own way. All is well, believe us. At the end of the road, you will realise the truth of our remarks and you will then be able to draw the imperative conclusion: life is worth living. Whatever the burden that is making it heavier, it makes a being grow richer – not as he sees fit at the material level, but in more ways than one, which are the only important ones. You know all this already, we are repeating ourselves, but how could we do otherwise since this life is a mere series of repetitions?

Tuesday, August 7, 2001 - 8:00 a.m. All that you are, all that life made of you, with its physical and moral ordeals, prepared you for this work where your personality is outlined. You are not a simple channel; you are involved in all that is written under our inspiration and which makes these messages livelier. A long practice of writing allowed you to be imbued with our thought and comments, which transformed you inwardly. Our hearts are united, and this filters through these writings. You are completely in our service; it cannot be any other way. This availability is necessary; it enables us to channel the best and most enriching things to all of you who make an effort to read us. By so doing, you do not waste your time; step-by- step, you advance without realising it. Your inner landscape has changed in small touches. It has been moulded, it has become brighter, its forms have become harmonious; all this has happened without you knowing it. By reading us you provide your heart simple food, easy-to-absorb, for its greatest benefit. Be blessed.

Thursday, December 13, 2001 - 8:00 a.m.

Each human being must follow their specific way. Nobody can do for them what they have to do with respect to their karmic duties. Man, considered in this world as being 'very important', does not escape at all what is reserved for him. The honours he is covered with, the low bows from his fellow beings, the apparent easiness of his life are many of the traps he will have to avoid. The only true nobility is that of the heart. The greatness of an individual is measured neither by his social status nor his bank account. Humans are very sensitive to these deceptive appearances. The sages, instead, have a clearer view of this; they look beyond such considerations. The intrinsic value of an individual, and only it, is worth noticing. Men bathe in this world of illusion by letting themselves be taken in by false values. We have been trying for a long time to raise awareness about the shortcomings of this world and its deceptions. Our brothers must refrain from these misjudgements, which lead man astray, away from the goal. May you all keep enough clear-headedness to escape this.

Thursday, December 13, 2001 - 10:00 a.m. This beginning century must witness the dawning of a new era when many human beings will open up to knowledge. Things cannot be otherwise. Humanity regressed over the centuries, caught in the trap of false theories, of ideas diverting man from a reality which can no longer be ignored indefinitely. A hold on people's minds reduced them for too long a time to a system of thought that was purportedly exemplary. The evolution of this planet and its occupants is following the same pace. It is going through periods of stagnation, or even of regression, only to set out again afterwards, having let the outcome of its experiences decant itself and having taken stock of the result obtained. It is logical: it takes time to appreciate the appropriateness of an operation. In this world, everything is slow, as it is bogged down in this torpor inherent in its vibrations. Humanity is evolving very slowly; the only thing that matters to us here is its spiritual progress. Progress as assessed by men is not determining in this context; it can even divert them from true values.

Wed, December 19, 2001 - 8:00 a.m. According to your wishes, our two hearts communicate in secrecy. They are connected through a subtle, invisible, but existing bond. Don't you feel fulfilled? The same is also established between your Master and you. You are advancing towards one another; it was bound to happen. Humans are sometimes very slow to understand. Their soul leads them into a direction, and they resist, not paying attention to so many signs shown to them. A union of souls is subtle; it escapes human attention. It is either longstanding or being established little by little, according to God's intentions. Man is surrounded by mystery; he believes he knows all about himself, and yet he does not know that much. His view is restricted to his immediate perceptions, which permanently mislead him. He is the victim of his senses, of his understanding – which his own judgement makes him believe is vast. The highest scholar does not know much; if he really knew, he would feel ridiculous to have considered himself superior to many of his brothers. His life is a swirl; he is like a leaf in the wind, which glides and believes it is invincible before lying flat on the ground, definitively.

Thursday, July 1, 1999 - 8:00 a.m. In Sahaj Marg, we do not like to make visible miracles or big demonstrations to impress the crowds; that is not our aim. What matters is to lead you all to the destination as quickly as possible, with simplicity, moderation and efficacy. The lovers of grand rituals will be disappointed. You enter the Mission, it suits you and you stay – you are sages, you have gone beyond superfluity. The truth is simple, so is the individual work. We do not ask you to live as hermits or to be cloistered. You live a normal life which leads you each day to accept responsibilities and face up to them. Evasion is not a good solution. Life is the best playing field, where one can learn the rules: low blows, bending of regulations, injustices, equally fraternity, defeat and victory. Everything that can develop human qualities in an individual, that is fundamental. The spiritual life is parallel to all of that, but it benefits from all these experiences. In time, you will get into the habit, if only for an instant, apart from your usual practice, of plunging into yourselves and gaining strength from there; in certain circumstances you will find there the inspiration that you are missing. Never shy away from your responsibilities and the difficulties that emerge in your life; they are your best assets to advancement, depending on the way you face up to them.

Sunday, December 30, 2001 - 9:00 a.m.

Your body is as it is, but it serves you in spite of everything. There is nothing you can do about it, you only have to adapt to the circumstances. Isn't the main thing to succeed in doing what we expect of you? We linger on your case and you do not appreciate it, but sooner or later, each one will be able to recognise themselves in you; humans are equal in the face of physical and moral sufferings and the resulting feeling of helplessness. We expressed ourselves enough on the shortcomings of medicine and the incompetence of certain practitioners who deliver peremptory opinions which the suffering patient cannot easily accept. Medicine improves on its mistakes; it is advancing step by step by trying to address the problems that arise. The time will come when the veil will be raised on the great mystery of creation and the functioning of the human body. The current approach to it is basic, and, shall we say, derisory compared with reality! A great truth remains to be discovered, which will revolutionise the medical sector, for the greatest good of many patients. Patients will have to remain as such for a long time yet, as the time has not yet come for people to be enlightened on how they can be liberated/freed from suffering.

Friday, March 21, 2003 - 10:00 a.m.

M: "Where are you, my Beloved? Are you listening to this world?"

B: Yes, and we are filled with consternation. Men are far from having learned their lesson. They are yet in childhood, whereas they think they are grown-ups. They believe they are playing, at school, as they have not yet understood life; they are not ready to face it. They are led by a few people who have authority over them and lead them as they please. Humanity is growing slowly. Its growth is not easy; it drags on and causes a lot of damage. Man plays with this planet, which bears the brunt of his doings. Humans feel invincible and alone in space on a planet which they necessarily deem as a conquering one. They pollute it and destroy it, little by little. They hatch plots, develop destructive weapons that will leave desolation on the Earth. These weapons are secret, but they exist and sooner or later, they will hit their targets. The boomerang law will then apply and will be turned on them. This war does not resemble the others, it shows a will for power, which will make the world break out. Obscure forces, hidden a long time, will explode openly. We will keep on repeating it: only spirituality divested of any superfluous aspect will save the world – it will have become lifeless by then and all will be beseeching a God who is just and good towards all men, without distinction.

Sunday, March 16, 2003 - 8:00 a.m.

Yes indeed, we are listening. Your calls, you know, are always heard. We cannot satisfy your wishes, such is your path; its broad outline cannot be changed. Isn't your heart happy in these contacts where you find us? Who, among our candidates, can live similar moments? Your role is rather special; being the appointed scribe of your Beloved requires certain rigour in one's way of life. Although you suffer from it, your isolation makes our rather special relationship easier. This compensation makes your heart happy, and your Master and your divine guide as you also call him, are both the beacons of your life. It is by going deeper and deeper inside, that you can find your spiritual food; your true joys come from there. Your dreams of nature and fresh air would not be enough; they would be ephemeral. You have already come a long way in this life. What remains to be done is only centred on what binds you to us. We take account of it and we try to strengthen you in your faith. Yes, today again we are only speaking to you, but with a bit of wisdom. Those who will read these messages can see beyond that and some aspects will strike a chord with them. They are all alike, in terms of having a heart, which sooner or later opens up to the Divine more or less fervently, but which inexorably will reach the same goal.

Friday, December 21, 2001 - 8:00 a.m.

Light is dawning on a humanity in total disarray. This century will witness the birth of a new era that will utterly transform it. In future centuries, the current civilisation will be swept away and will be rebuilt according to new standards that are respectful to man, who, in his turn, will show consideration for the eventually calmer elements that will have made him become clear-headed on his fragility and his obligations towards this planet. He will have also calmed down regarding his ideas of space conquest, though he is ignorant of what he is willing to conquer. He will have big surprises, and will move from a conqueror mind-set to being subjugated to higher beings that will hold him at bay – he who does not respect anything. His thirst for adventure and discovery of other worlds is commendable, but it is not expressed in the appropriate spirit. He wants to conquer, dominate, and he especially does not respect the environment, as he acts in a harmful way to the advanced forms of life existing therein. He will have to re-examine the facts and realise that he is not the higher being he believed himself to be. By reverting to humility, he will be ready to carry on his evolution in a more realistic way.

Saturday, December 22, 2001 - 10:00 a.m.

Are we not there at your side? You are never alone; you know it. We are no substitute for a physical presence, when you call for help. A kind soul happened to answer your call and we will make sure that it may always be so. My dear daughter, you are a case apart; you are special, we alone can appreciate it. You live in your cocoon, between heaven and Earth, closer to us than to humans who can only see you as an ordinary being. How could they know and understand who you really are? Let life run past, my child. Be patient and determined to carry on your road, and do what we expect of you. You could live ignored, without faith, love and support; how then would your life look? The sun is inside you; love is in your heart and overcomes it sometimes. Your soul lets itself be carried by the salutary wave. It makes itself lighter, rocked by this beneficial wave. Your song of love delights the angels, the people of the heavens, and they alone can value it. Humans cannot hear anything. They are deaf to this music which is unfamiliar to them. This kind of relationship is special, it is personal and no one can grasp its beauty.

Wednesday, March 19, 2003 - 10:00 a.m.

In the history of humanity, two aspects are to be considered: one part advances, while the other is getting nowhere. This view of things is a bit simplistic and yet it is true; humanity cannot be uplifted to another status all at once. Its evolution is random; there are too many determining factors. All in all, an important work is carried out, which will be taken into consideration. Today's man cannot figure out what the world will be one century from now. Should he be able to do so, his vision would likely be puzzling to him. The action of the forces of good can only be directed to the level of human consciousness in helping humanity in its ascent. Making long-term predictions would not help it at all. Effort must be focused at the individual level. The human being should wonder about what he really is, where he comes from and where he is going, from the point of view of a life beyond this one. But minds are far from being open to this reality. Minds are changing; many discover this truth which is voluntarily obscured in most of the world. It is there nevertheless and cannot be changed by anyone. The universe is orchestrated with perfect precision; everything happens in a precise order where what is fancy is excluded. Laws governing it are rigorous and they apply inexorably; man who is so extremely small can only abide by them.

Monday, June 24, 2002 - 8:00 a.m. A poet has said, 'Nobody knows himself until he has suffered'. Suffering highlights certain aspects of the personality, but can man really recognise himself while in the tribulations of his existence? No, since this knowledge is limited to the current life, a limited one. What is the truth of the being hiding behind a face – given a momentary incarnation? Nobody knows it among men. The soul keeps its mystery for those who cannot decipher it. In one's current incarnation, each plays the role assigned without, most fortunately, trying to know the previous one, which would only give melancholy, remorse or regrets. Each life is self-sufficient; it offers all the possibilities that enable man to rise and acquire a better status. Will man manage sooner or later to make the essential choices? He is never condemned in advance, quite the contrary; he can actually grow, since grace can help him. "God in His mercy and His great kindness can provide for it.

Wednesday, December 26, 2001 - 10:00 a.m. Consider your brothers and sisters as searching souls not limited to the vagaries of their human tendencies. They want to progress and feel the pressing need to be united with the Divine. They must fight against their own nature, which can dissuade them from pursuing this kind of process. Common sense and determination generally push them and their heart is delighted by these good states of mind. It is not easy to be rigorous in one's efforts at all times. Life requires constant efforts and this spiritual process must be accommodated in a schedule that is sometimes busy. It is commendable, in this case, to make room for one's abhyas. This steadfastness will be rewarded. Perseverance is essential in everything; without it, nothing sound can be built. We offer a method to you; it is up to you to appreciate it and ensure that it bears fruit. We are delighted to see your progress. You cannot assess it, and yet, an edifice is being built inside yourself, the foundations of which we are consolidating. You are working with patience, while adding, each day, a new stone to the masterpiece which will result from it.

Sunday, December 16, 2001 - 9:40 a.m.

Why would you not have a little rest? You deserve it well; there is no cause for feelings of guilt. We did not have anything urgent to transmit, only the usual matters which we will catch up with. It is good, for you, to have the appreciation of some people who have access to these messages. They give you helpful feedback on this work. Looking at it from the outside, they feel it differently, and their approach is important for you. You need to be reassured in this special and extraordinary activity and to be recognised by your fellow creatures – which is altogether normal. You live in this world and you must conform to its rules, even if your heart does not adhere to it any more. Part of your being is in another dimension, which enables it to find the strength to continue, in spite of the living conditions that affect the health of the physical body. You receive strength, which allows you to face up to things despite everything and to expend the necessary energy to receive us. My daughter, be strong. Your Master supports you; you have his total approval. He recognises your work fully; even if for the moment, he cannot do it openly.

Sunday, December 23, 2001 - 8:00 a.m.

Appreciate what you have; dark days are looming on the horizon. Men's madness will not stop very soon. Two diametrically opposed worlds are confronting one another and will not give in. Wish from your heart for a lasting peace, whereby men could understand one another; or at least tolerate and respect the beliefs of one another. This world will not appear overnight; many tragedies will have to occur beforehand and France will not be spared. Pray so that the greatest number is spared and this fatal madness subsides. This planet poses a serious problem; it has reached the extremes and nothing will be able to calm men. Once again, evil is growing; it can mislead people and push them to the limit. Humanity is on the road to ruin; it must go through extreme situations before seeing reason again. Blindness is contagious; hatred that is out of proportion sweeps through the hearts. We are faced with a growing avalanche which drags everything along with it. May it please God that this madness stops before it is too late to save the world.

Tuesday, December 25, 2001 - 10:00 a.m.

My daughter, do not pay attention to men's words. Can you see equity, justice, tolerance and many other aspects in this low world? It is a breeding ground where the failings of society are stimulated. Noble souls cut their path through it, divesting themselves, little by little, of burdening tendencies. They deserve a lot of credit for surviving amidst troubled waters. There is good in each one and even in the most demeaning people, hence our hope to save this world. We are working towards that; you, also, have your own role, you who are reading us and whose hearts are awakening to the spiritual greatness and the attraction of the Divine, little by little. Like these aquatic plants emerging from the swamp to rise up to the light, the soul inevitably opens up to this splendour, timidly in the beginning and then without resisting Him any more. Why would it fight? It has eventually understood that there lies the only wonder that could fulfil it. It is good to insist on making you realise that your most important thing is created in this very lifetime. It is up to you to ensure that it is successful according to the criteria we have just mentioned, and to make the essential choices.

Monday, December 24, 2001 - 10:00 a.m. My dear daughter, we will remain in the same spirit as before; the past builds the present, but it should not influence it consciously. This is why humans do not have access to the memories of their former lives. This one is self-contained; it is quite full of experiences of all sorts. How could it blossom if it was fraught with memories of a remote past? The mystery surrounding it makes it worthwhile. The open-minded people want to know more about their origin as human beings. It is this craving for knowledge which pushes them to understand and to seek the reasons for their existence on this Earth. The most advanced ones turn towards what is deemed to meet their expectations. An esoteric teaching reinforces their presentiment about reality beyond this monotonous life – in terms of its repeated daily acts. They foresee a completely richer diversity than what seems to punctuate their days and urges them to be searching, and to satisfy an inner and ever-growing thirst.

Friday, May 9, 2014 - 10:00 a.m. So many misconceptions have become established in this world. The day will come when they will be outdated and will give way to a reality beyond the current understanding of the human being. It is time to permit a real breakthrough. Everything will fall into place by the force of things, although the way towards a broader understanding of phenomena is still far off. Faced with reality, human beings will have to adapt, and they will do so very well – so has it always been from time immemorial. So many substantial changes have occurred – fortunately, we might say. Reverting to a very rudimentary life would be a severe test for all. Life on Earth is writing its own history, and it must go through phases of transformation that are necessary for human evolution. The perception of the Divine is still in its early stages; happy are those who engage in this process, as they save valuable time. The asset that emerges from a life is carried over into the lives that follow, bearing fruit according to what is suitable for the seeker. It is heartening to see the growing number of our active abhyasis who understand the need to work on themselves effectively, supported and guided in this crucial phase of their progress by their spiritual Master's power of action. In this process, no effort is in vain; what is done bears fruit much more than it would appear. The determination of each one is necessary and productive for the Mission as a whole, which is widespread in the world and whose egregore is growing; while this growth is not measurable, the egregore is expanding and becoming stronger, shall we say. Happy are the hearts that are dedicated; they are advancing beyond their expectations. This is how it goes.

Saturday, December 29, 2001 - 10:00 a.m.

Doctors believe they know it all; actually, their interpretations are often erroneous. They cannot understand your personality and they minimise what you are experiencing in your physical body. One should not hold it against them. How could they understand? In a way, you are exceptional. My daughter, you will have to put up with this until the end. You must find some consolation in thinking that we know what you are going through, and this is no new situation for you. Many human beings go through this martyrdom; they are misunderstood by their circle and especially the medical community. Channeling entails tiredness, but it does not justify all that you must endure. The latter is due to factors which are not necessarily detectable according to the current criteria of medicine referred to by those who practise it. They have to learn a lot yet to be able to understand the human body in its reality. My child, forgive this incomprehension towards you; it hurts you, but you must carry on regardless of the mistakes of doctors who believe they are infallible. We know that this helps you on your long and painful path.

Sun, June 14, 1998 - 11:30 a.m. (In meditation.) B: My daughter, you have understood the true meaning of devotion, of tolerance, on all levels; it is the only way to truly advance. Who never makes mistakes, who always understands what is to be understood? Human beings, by nature, are limited in this respect. Their open-mindedness goes hand in hand with their progress. Try to remain understanding and in this state of mind. Every judgement puts a brake on your evolution. You know that we want the best for you. You are and must become, more and more, a beacon. A beacon must not make mistakes; once invested with confidence, it must no longer err. Stay calm and composed when you speak. We know that your sufferings affect your nervous condition. We carry you, in a way. Must we tell you again that we love you and that we follow the least of your steps? Be strong and happy, you know well that 'joy attracts grace'. So, stay calm and smiling for my sake. M: Babuji? (With a big laugh.) Share this with your little friends.

Sunday, December 23, 2001 - 10:00 a.m. This year is ending in consternation for clear-headed beings that think of the world misery and aspire to interiorise themselves rather than getting drunk with extravagant festivals and expenditure. They think of all those who suffer from persecution, hunger, and all possible evils. We expect of our aspirants moderation in all its forms, and a fervent and heartfelt call for peace in the world, which it needs most. The Mission as a whole represents a powerful lifeblood contributing to the construction of a future world, a better one, turned towards the most important thing, namely spirituality. It alone will be able to save men from their sad fate. A collective awareness must occur so that humanity can see a semblance of reason. Utter anarchy reigns on this planet and can only lead it on the road to ruin, unless it is quelled. The higher powers will have to employ large-scale means to restore order in this world that is in sheer madness. Be very conscious of the gravity of the situation and call from the bottom of your heart for the salvation of humanity.

Monday, December 24, 2001 - 8:00 a.m. See only this incarnation with all that it represents. Do not dwell on the recollections of past lives; though they condition this one, they are not worth considering. These lives made of you what you are today, without their being, in any way, your guiding reference now. Like us all, you have gone through all the states during extraordinary existences. The curtain was raised, for you; leave off there, remain well-established in this time and complete what you started. Delving into the knowledge of a remote past would not add any value to the present. This retrospective will take place when the time comes, when you have left your body of flesh. Let time do its work, the past will not alleviate this life. Look straight ahead; see only the way in which you can serve us with your capabilities. What matters is only the present, the constructive and unique aspects of what you are living, since it is the fruit of your perseverance in progressing towards us. Only this matters and will propel you to where you did not even hope to go.

Monday, December 10, 2001 - 8:00 a.m. You must accept your body as it is, and be thankful for what you have received. You cannot have it all; you are granted compensations for what is missing in your life – a life which is not commonplace, you have to be well aware of this. Each life has its own burden; sooner or later, it reveals itself to the human being, generally in an unexpected way, and utterly upsets his life. He must then face up to things and question himself. There is nothing definite; man must be able to adapt himself, because of the risk of sinking into a regressive state. Faith is the best remedy; it is an invaluable force which helps him make the most of the tests he must undergo. A vast field of experiments is offered to him; there is every possible means to enable him to progress, if he really wants to go in the right direction. To a certain extent, it is up to him to make his choices and to see what is the best for him. Man has great liberty to act; alone he makes his decisions based on his instincts – good or bad – which make him act. Life can thwart his plans; he must then adapt himself, while keeping his free will. This long training will bear fruit. He will neither be able to succeed in everything, nor miss everything; a margin will be reserved for him where, depending on the cases, errors or commendable acts will be recorded. Each life is granted full of opportunities for rising; it is up to it [life] to impel man to make his choices.

Monday, December 10, 2001 - 10:00 a.m.

Man must unceasingly juggle the opportunities offered to him. Will he be able to make the right choices? Parallel to that, he must manage his tendencies, which can conceal from him what is good for him. Life in this world is not easy; only the prospect for a more rejoicing 'beyond' can help him cope with it and strive to progress. An existence divested of this way of viewing, in which there is no hope for a better world, is the saddest thing possible. Each life is the result of the preceding ones; they build upon each other and can be brought to perfection when the end result is achieved. This concept of a series of new beginnings is not easy to accept. Man can consider this concept as unjust karma if he does not understand its importance in human evolution. He is shaping his own life; this is how it goes each time. He fulfils himself little by little by completing the initial outline which he must polish – up to the point of perfection. It will take time and awareness to make him see life from that point of view. Then he will be helped by a spiritual process. He will no longer advance alone in the darkness of ignorance. This precious help will support him in his efforts – which will necessarily be crowned with success.

Monday, December 17, 2001 - 8:00 a.m. My daughter, be as light as the butterfly that leaves its chrysalis and rises into the air gracefully. Is it aware of its transformation? No, it cannot be. It all occurs without its knowledge and yet, it upgrades itself from its insignificant initial form to dazzling with beauty. Its colours dance in the light and it lives its life of a butterfly, fleeting but useful, at least in terms of its beauty since it can attract man's attention. As you can see, in creation everything evolves, it all changes and takes on different appearances. All are not as visible as in this insect; man does not pay attention to this clever work, which should deserve it nevertheless. Creation is extraordinarily rich, it is unequalled; it is unique. The same is true for what happens inside a being. His heart can become a priceless jewel that will seem colourless in the eyes of men. It conceals its treasures, which are not visible in this world, and yet this metamorphosis is the most beautiful, the most inspiring and unique, for it is of divine essence.

Sun, Dec16, 2001 - 9:50 a.m You see, there is no cause for fears. We can, this once, adapt ourselves to the circumstances and break with our habit. Time is an Earthly concept; you are recommended to conform to it, as it regulates your life. We are not 'bogey-men'. Time is important insofar as it is the basis of your development and gives you points of reference. What would you do without it? Your physical body has requirements which must be met, at the risk of it costing your health. This body must be respected; it is a precious tool, useful for what you have to do, being incarnate. Treat it gently; you have to have a well-regulated life. This balance contributes to your spiritual development. Do everything in your capacity for the true being residing in you to blossom – that which passes through a body of flesh and leads it to more clement places once the journey is successfully completed. If you are interested by these writings, it means that you have made some progress and that there is no limit to what you can hope for.

Tuesday, December 11, 2001 - 5:00 p.m.

You see how much honest mediums can do good for those around them! You belong to this category, my daughter. It would be high time for the world to finally know that these means of communication are feasible. This is how God wants things to be: people must open up to this reality and not remain stuck any more in aberrant systems of thought which hold in contempt this method of approach to parallel worlds. This awareness could help Earthmen to free themselves from the throes of sorrow due to the loss of loved ones. What you call death does not exist; time has come for this irrefutable fact to be known and admitted. Beliefs of another time endure at a time when the progress of science is real, although it often goes astray on paths leading to serious errors. The mortal coil carries on its evolutionary cycle in matter – in perpetual renewal and transformation. Life continues, it is, and is not stopped by the breakdown of the physical body. This end would be very restrictive with regard to the greatness of the universe. Where would the divine power lie in this sketch of life, discontinued and finally without *raison d'être*? God is great; the created world is in His image – including the smallest manifested form.

Wednesday, December 12, 2001 - 8:00 a.m.

Do not start again having feelings of self-doubt; we cannot accept this any more. The sizeable number of messages that you wrote, as well as their contents, must shield you from this kind of reaction. As for the reactions of the readers, all will not be supportive of the principle, but if the readers actually want to read attentively, they will not be able to remain indifferent. Nobody in this world can have unanimous support; the human being's reactions are quite unpredictable. It is all a question of understanding; open-mindedness cannot be acquired on request. It is the fruit of a personal work, and varies according to the individual. Boredom is not likely to be established on this Earth: the uniformity of thought is nowhere near happening. These messages will contribute to opening people's minds to knowledge; they do not target the intellect but a secret part of the being, which is making its way beyond time, at its own pace, and whose limits reside only inside itself. Man is a latent world; he displays all relevant aspects. No one is the only one of his kind. Humanity is a whole, more coherent than it seems. Differences are only apparent. Life is as one, as a whole, and a great unity enables it to exist.

Wednesday, December 12, 2001 - 10:00 a.m.

These messages could be read in small portions, each day, like a necessary food for the spirit. We suggest this means of familiarising yourself with these messages, in addition to your sadhana. The two activities complement each other perfectly. Do not worry about criticisms which these writings may prompt. Which great works, known universally to date, did not receive bitter criticisms in the beginning? The biblical writings were no exception, nor any other work, profane or sacred. What matters is not in the appreciation that they can raise among the greatest number, it is in the quality of emotion and openness likely to touch the hearts ready to benefit from them. It is impossible in this world to reach a consensus on something, whatever it is. It is a recognised and accepted fact that one must carry on in all circumstances, especially when the issue is worth it. Making these messages public will prompt reactions of all sorts. This should not stop the process. Nothing can be obtained easily in this world, even when it is about doing good.

Friday, December 14, 2001 - 8:00 a.m.

The day these communications stop, your contract will have been fulfilled. You will then consider that one of the aspects of your mission is over. It will have to continue in another manner, which will be specified to you in due time. Carry on for the moment, as per our routine. The system is running perfectly, it cannot be faulted. Rest assured: when a being is engaged in service, he cannot remain idle. By offering us your heart, as you do, we can utilise it in several ways. Our needs are big; there is so much to do. By offering one's life, one enters into a pact with the forces of good which work behind the scenes as well as on all the planes of existence. Each person's competences are utilised; man has unsuspected inner riches, which he can utilise even unconsciously. Helping the weakest, the most deprived, is feasible in many ways. It is enough to intensely want it and to also love one's neighbour, who also is a child of God. It is up to you to have a clear understanding inside yourself and to make choices. We bless you all in your undertakings.

Tuesday, December 18, 2001 - 10:00 a.m.

Do not be sad and discouraged, this is not like you. Do not forget that you must set an example of faith and surrender. Better days will come, joyful and sunny. You are not advancing hopelessly, abandoned to your sad fate like millions of human beings. You must remain a living torch for them – all those who are suffering, in despair, and do not have any comfort in this lifetime. Cope, my daughter, you have to, for us and for them, however absurd this may seem. Think of your Master, he too who is suffering physically. There is no room for weakening in his engagement; he must continue at all costs. Come and let your heart drink on the golden banks where all is joy and beauty. Don't you feel the relief which this escapade provides you? Enjoy it to the full. Make more use – than you do – of this means of keeping a balance inside yourself. And let it keep you serene.

Thursday, December 27, 2001 - 8:00 a.m.

Do not let yourself be overcome by negative thoughts; faith must be your asset in all circumstances. Sweep away this sadness which is out of place. Wear a happier expression showing that your spiritual heart is actually happy. This end-of-the-year period is conducive to self-assessment; it is the right moment for you all to evaluate the progress made. Was your faith strengthened? Are you making progress in the sadhana and did it bring you what you expected? On this aspect at least, you must be satisfied: you are changing imperceptibly and your heart is being transformed under the effect of the work you are undertaking on yourselves. It is comforting for you to take stock and note that on this aspect your perseverance is effective. You remain the same, apparently, but deep in your heart, a discreet flame that illuminates your soul is growing. This asset, nobody can take away from you; it is an immutable good. It will follow you beyond this life and will be your sign of recognition. It will open to you the appropriate doors. Once divested of the grossness of this Earth, you will be able to carry on a path which you have magnificently commenced.

Thursday, May 8, 2014 - 10:00 a.m.

Letting this very special love emerge inwardly is an indication of a deep aspiration for the Divine. It is a grace to give this love its rightful place and to foster a real development through an appropriate approach such as the one we propose. Opportunities have always been given to human beings who possess these special abilities. From time immemorial, many of them have left their mark on this world. They have set examples for brave hearts ready to draw inspiration from them. Following a spiritual Master is the best guarantee that what is essential will emerge in one who is ready to embark on this way of the heart. Finding a suitable way and doing one's best through a steadfast commitment can transform a person's life. Life thus takes on a completely new and profound meaning that has a lasting effect. It opens up the path and allows for the best results. The heart has its reasons, which are exquisite when the heart is effectively focused on the definitive goal: communion with the Ultimate. Everyone has their personal dispositions. A spiritual Master provides his full assistance; it consists in guiding the aspirant and helping him or her advance as best as possible. This love is not in vain – far from it. It is the supreme force that connects the soul of the seeker to the divine source. Nothing is superfluous in such a process; it bears the most delectable fruit. It is a delight to see the progress of all our abhyasis. All are carried, and each one is advancing at his or her own pace, with visible results. We are repeating ourselves, but this constitutes a major advancement in this world, and it is just beginning. This is how it goes.

Saturday, February 23, 2002 - 8:30 a.m. You see how your life is so full of varied experiences. You were granted many possibilities for your fulfilment as a human being. Parallel to that, your spiritual life has developed to the extent that our encounter happened, with regard to your entry into the Mission. What you could not even imagine was awaiting you there. You had started practising without much enthusiasm, and then, after having tried out the system, you committed yourself to it fully. From then on, your life has changed; you found what you were looking for. We met again and a special relationship was established between us, which has culminated in these daily contacts. What does life hold for you now? You don't know; therefore, keep faith in your destiny which has, hitherto, fulfilled you on many aspects. Be grateful for all the beautiful and good things you have received, and even for all of the tests you have experienced. They have earned you a strong soul that makes you a special being. Give unrestrainedly around you what nature has granted to you generously, by redistributing it to the unfortunate hearts.

Sunday, November 29, 1998 - 10:20 a.m. The assumption formulated by these authors is right. They were cosmonauts, and not gods, who came in old times and appeared to Abraham, then to Moses to help the Earthmen and to make them move forward; but progress is slow on the Earth. Extraterrestrial civilizations are developed to such a point that you cannot even figure out. About 20,000 years ago, or more, when humans saw such evolved beings, they could only consider them as gods. In the next century, they will return in great number to subdue the fury of men who are capable of blowing up the planet with means that they control so badly. It will be necessary to calm things down and to admit that a superior people must take over the controls to restore, with time, peace on the Earth. Then, harmony will prevail among men and will foster their spiritual evolution. They will understand finally, that religions were lures, which they accepted for want of anything better, as their degree of evolution does not allow them to distinguish truth from falsehood. There is a time for everything. Great upheavals are necessary to make things move forward. There will be many tragedies. One will need to be strong to survive; but God will enlighten the men of goodwill. The golden age will not take place overnight. It is the law of evolution that prevails on the Earth and elsewhere. Don't worry, carry on your way as well as possible in the purity of heart; it's the true treasure. What must be, will be! Pray, be united in love and brotherhood. Meditate on this well.

Tuesday, March 24, 2015 - 10:00 a.m. When one is surrendered to the divine power, the best is accomplished and the soul is delighted. Its thirst for the Divine grows, and the work of a spiritual Master – as it is carried out here in this way of the heart – cannot but quench it. This action goes far beyond words and rituals, although they are necessary. Everything in this Mission is done to meet the expectations of our aspirants; their pace is respected, yet we go beyond their own action to open the way for them. The aim of all life is to get there, yet one has to understand this and have the necessary open-mindedness to make the move. Some beings would like to do it; they are ready for it, but they hesitate because of old commitments of their own to which they feel bound, and thus waste valuable time. The current era brings about a new teaching, a different practice that is active on subtle levels. Sensitive points are targeted, producing results where they were not expected. Nothing is simple, ever, in this world. The world of the Spirit opens up new perspectives onto areas where the transformation in beings who aspire for the divine essence is accomplished, saving them precious time. We do repeat things, but this is necessary because of the way the world is designed – it takes a long time to make a human being aware of Reality, far beyond the material realm. May all go through the necessary steps and reach the desired level. We are seeing to it. Blessings to all.

Sunday, September 23, 2001 - 8:00 a.m. My daughter, be in peace; life passes with its trail of tests and joys. "Spiritual joys are the most durable. On their way they sow rare flowers that converge at the proper time into a bouquet, accompanying you on your greatest journey. Nothing is lost; everything is recorded under the eye of the Almighty, the father of all of you. You are His children and for this reason He can be merciful, but His ire can be great. There are limits not to be exceeded, but men do not hesitate to do so. Many of them are unaware of the way of wisdom and reason. Love has deserted their hearts; they are advancing like wild animals chasing a prey, and unwilling to listen. Pray, you who are wise, so that humans will grow, so that they will finally open their eyes to the realities of life on this Earth as well as to the realities of its extension elsewhere. Rebellious hearts revelling in darkness are to be pitied. Be as compassionate towards them as possible.

Friday, March 27, 2015 - 10:00 a.m. The beings of light, as you call them, are closer to all of you than you can imagine. In the fold of a spiritual path like Sahaj Marg, they would like to enjoy a climate of peace and complete harmony. Unfortunately, human failings are there and inevitably create some turbulence. Good intentions are beneficial; we appreciate them, and even more do we appreciate acts capable of bringing about the best for this Mission as a whole. It is expanding worldwide and adjusting to the lifestyles and ways of thinking in various countries. The essential thing is there, and it fully benefits one and all. Each abhyasi means well, and this is what matters. The goal to be achieved is the challenge for everyone and the results are by and large satisfactory, according to our expectations. The major gatherings that are coming up are very promising – grace will be pouring down, one might say; it is invoked in these auspicious circumstances and we respond with all the love possible. We encourage such events that bring together and further unite our abhyasis in an uncommon impulse of fervour. Doesn't everything have its *raison d'être*! Action and meditation complement each other to achieve the best. This way of Sahaj Marg is full of resources, some of which are yet to be discovered. Time does its work; it's up to everyone to invest themselves as best they can for their own sake, as well as that of the multitude. Blessed be this way, so very well supported by the higher powers. To all, the best.

Wednesday, March 15, 2000 - 9:00 a.m.

Spirit prevails over matter. Spirit must prevail over the body; you have that power, you must make use of it. Make good use of it for yourself and the others. The body must adapt itself to this force that resides in it and not rebel any more. You can achieve this task and not be its slave any more. That is enough; make use of this power which is granted to you to make your life less hard. Control this power; you will use it to help your fellow man. See things differently. You should get accustomed to this new state, learn how to manage it and you will see the results. We know that you can achieve great things, so get down to work.

Tuesday, April 7, 2015 – 10:00 a.m

There is always something to say. You must spare yourself, but these contacts are real treasures for your heart – it aspires only for that. This fervour is felt by many of our abhyasis in reading our words; doesn't everything have its *raison d'être*! Present-day life in this world – destabilising for many men and women committed to this process – is far from the true values that life offers them for their personal and spiritual elevation. To each one, his or her own path; what must become about sooner or later, and there, the best can be accomplished. An incarnation is exposed to multiple situations. One must face them at all costs and act in the best way. Thus a life unfolds before the seeker according to the laws of karma; these laws retain their mystery, all have to put up with them, and it is best to accept them since that is inescapable. Following a spiritual way promotes the progress of a being. Each one advances at their own pace but confirms, according to their commitment, the potential that dwells in them. Life is one, and it continues elsewhere in order to explore other fields of action that bear out the personality of the seeker. Sahaj Marg is a simple way; it nevertheless provides multiple benefits. Each one seizes in their own manner what is offered to them, thus the best is accomplished in accordance with our most ardent wishes. Blessings to all.

Monday, April 13, 2015 – 10:00 a.m. The alliance of Masters greatly appreciates the heavenly manna constituting this collection of messages. These writings are authentic, inspired by the Hierarchy and intended to help the largest number of hearts in need. Here, we see beings in their reality; there are many who are nourished by these writings, which have taken a prominent place in our Mission. This spiritual path has many strengths. Each of our abhyasis finds in it what they aspire to; even if they are not really aware of it, a work takes place in them, subtle and productive. This method is adapted to the current era; it fits perfectly into everyday life and does not require a demanding ritual. The heart, seat of the soul, holds the secrets – the real ones. How can the seeker imagine such effectiveness amid the apparent complexity of this work! This way is much more effective than it seems. The future will reveal its effects when this world passes to a higher stage of its evolution. The slowness of phenomena characterises it, but this is how it is. So much good is unfolding there despite the incessant turbulences, which are difficult to ascertain and unavoidable in the current era. Future times will bring many answers to those who are searching. They will be amazed by the reality of the facts and will more easily access the truth. This world as a whole also has its own evolution; all have their own, that which distinguishes them from one another on their heavenly journey. The human being is infinitely small compared to the whole of creation, but this particle of life has its importance, hence our action – one that is continuous, even if it is not perceived. Doesn't everything have its *raison d'être*! Under our constant blessings.

Saturday, May 23, 2015 – 10:00 a.m An incarnation is never simple. Each one builds the edifice from which the beauty of the soul – and that which characterises it – will emerge. The Divine is fundamental; each cell of the incarnate being is imbued with it and thus possesses the very principle of life. All this lies far beyond the realm of scientific knowledge. This divine energy that is so special escapes human understanding – how could it be otherwise! Engaging in this self-discovery, in its possibilities at this level, testifies to a significant degree of awareness. So many people overlook what is essential. They cling to futile efforts that in no way elevate their level of consciousness. Progressing on a spiritual path opens up new vistas on the infinite, on what is intangible – this divine energy whose principle is creative and beyond the reach of beings, with their current limitations. Everything is thus intended. The reign of the sovereign Spirit is dawning on the horizon; it is awaiting its time, the right moment to demonstrate this unique power that characterises it. Sahaj Marg is a means, a method given to human beings to guide them in their process, in their profound yearning to unite with the Divine. In practising assiduously, our abhyasis gain precious time. Everything has its *raison d'être*. In truth, everything is simple; human beings hold in each of their cells this redeeming and divine energy, the very principle of life here below. May as many people as possible follow this path of the heart to achieve the best, while advancing towards the ultimate goal. Such is our wish.

Monday, March 30, 2015 - 10:00 a.m Everything repeats itself endlessly. The noting down of these messages, and over so many years, is inscribed in time; for many abhyasis, the reading of them is now included in the daily practice. The messages are given for this purpose: to benefit the greatest number - doesn't everything have its *raison d'être*! These writings are a link between the heart of the Masters and that of each of our abhyasis. It is precious, you can be sure. Each one advances at his or her own pace in this sometimes difficult life - that is inevitable. Faith is an asset and also an unparalleled advantage. It strengthens one in the face of trials and represents the most important factor on this Earthly journey. Having a spiritual Master, a guide, is a blessing. So many aspects constituting the reasons for an incarnation are to be considered, even though they go beyond human understanding. Every day is an opportunity given to human beings to put to good use what they must go through in life - that is to say, their own karma. Everything is written, planned, beyond what they themselves can imagine, hence the need for surrender; it represents a strength, and in truth, what else can they do? Whatever the karma, accepting it is not always easy, but it is also a vital personal asset. Here, love and surrender are the important foundations of a life. On these foundations a journey is built, one that is rewarding in many ways. Nothing is in vain, you can be sure. We accompany you as days go by; witnessing the elevation of souls - is it not the best reward for us! Blessings to all.

Tuesday, May 29, 2001 - 10:00 a.m All the bustle around you has stopped. The channel is finally free, and we can start. Taste these moments of peace and communion. Let yourself be lulled by these melodious sounds. Don't feel embarrassed; these comments are intended for all, as is the case every time. Each one can feel its effects in their own heart. An unremitting work has shaped your soul. The rigour in sadhana bears fruit. You cannot assess its extent, you feel different; you only aspire to rise up. The soul cannot stop on its way, the appeal is the strongest; it carries you always further along. This attraction accelerates with time. No one can resist it. Is there any thing more beautiful, more exciting, than this celestial union? It embellishes your days and makes you glide out of time. This mystical life which develops in one may not change the face of the world, but it contributes to your radiance. Only God knows the reason for his choices, it is in the nature of things. When grace wins over a soul, it is a blessing for humanity.

Friday, April 3, 2015 - 10:00 a.m Let your heart sing, it does it very well. Is it not for you the most gratifying thing at this stage of your life? It is stability itself. This love is durable, it does not fluctuate with the passing days. It is a real strength for human beings throughout their lives. Following a spiritual way charts a path, providing reference points on this long journey and bringing soothing reassurance. Such an approach saves valuable time for what will come later, in other places of which the human being is not really aware. Many ideas and images have been given, but they do not correspond to the reality, which is beyond human understanding; everything in its time. It is important here in this incarnation to act for the better and move towards the goal. When the day comes, it reveals itself as it must to the human being, who pursues his or her journey in other places, carried by subtle vibrations, refined to a greater or lesser degree according to how far one has come. The way of Sahaj Marg is a real asset in this sense too; the achievement of this life is precious, constituting a major support for proceeding towards other shores. Blessed are the pure in heart who know how to distinguish right from wrong. We are not moralising; we just want to make our brothers and sisters aware of what is most important for them. Everything passes and dissolves over time, but divine love remains victorious and immutable. May all move forward on this rewarding path to attain the best. Blessings to all.

Sat, Dec15, 2001 - 10:00 a.m. Do not worry about distances and obstacles that keep you away from one another. You know, better than anyone else, that these false barriers do not separate you from the heart of your Master. Your current life does not provide for your being in his presence. Your soul is languishing, it is in need, and that is good. You would find his continual presence normal. Your heart would not be in the same waiting mode and would not call him so strongly. Absence generates emptiness and this intense need to be united with his heart. My daughter, love your Master, the spiritual Master, in his divine and ethereal form. He is never distant from you. His sublime vibration touches your soul and leads it to a place which cannot be described. It is both an abstraction and a reality. You meet up in this world, far from the constraints that separate you here below. May your thoughts go towards him forcefully! Visualise him in his splendour. This approach is feasible for you. Let it maintain in you this flame uniting you with his heart. Be happy for having reached this stage

Sun, June 21, 2015 - 10:00 a.m. Relax, centre yourself in the heart of silence - there where all is forgotten, where the magnificence of the Spirit does its work and wins over souls that long for it. Such a call is always heard; the connection is established and the subtle being receives according to its request. Here, a door opens up onto a space of peace and love that has no equal. A fervent heart benefits fully from it and makes such ecstatic moments its own. The word [ecstatic] is not too strong - a deep and sincere call can lead to this delightful state. A true spiritual journey holds surprises; the heart, seat of the soul, is the Garden of Eden. To discover it with love opens up endless prospects. Commitment is essential, but only fervour allows one to arrive at this unique condition, one that can be lived intensely. Why should we not discuss this subject - it is important. Although it is protected from the gaze of human beings, faith is at work where the call is great and deeply felt. These rare moments cannot be explained. They are the fruits of grace, manifesting for good reason. Commitment and a deep faith sustained by an ardent love generate good results. Many of our brothers and sisters are progressing on this path of the heart whose mysteries, well hidden from human eyes, reveal the best that can be. To commit oneself fully is an act that leads to fervour; such fervour cannot be explained but is experienced with delight. Love - that love - helps one discover this garden within oneself, where sensitive souls enjoy the best. To all, deep peace and joy.

Monday, December 17, 2001 - 8:40 a.m. True beauty is not visible to men. They often go past real treasures, without seeing them. Because of their divine nature, they are hidden from their eyes. How could they value it [true beauty]? They do not have the necessary criteria and could only underestimate it. This beauty hides in the very depth of the being. It remains therein, ignored most of the time. Only great souls can sense it, since it also develops inside them. These real treasures exist; God moulds them in his image and in secrecy. Sometimes, they reveal themselves to the world where they are given a mixed reception. They remain as strangers and inaccessible to the majority of men; only the chosen ones can recognise them. Happy are those who benefit from their presence; they advance in their wake and grow accordingly. You should be able to open your eyes and especially your hearts to the true beauty that suffuses outstanding souls. It is a grace to be in their company and to recognise them. Be vigilant and attentive to the signs which are neither showy nor noticeable by the multitude.

Saturday, December 25, 1999 - 10:00 a.m. My dear daughter, see only the result of this difficult life: a luminous road on which you are advancing while taking other souls in your wake, those who feel in harmony with yours and appreciate who you are. We bless those beings that can surround you and give you joy by their heartfelt gestures. When you leave this Earth some will perhaps remember you and realise what your life was like by reading these messages. Each one faces one's own destiny. They must come to terms with it even if they are very well surrounded and understood. What to say about those who are not? That partakes of what they must carry on their way to the ultimate goal. There is love around you; you are not alone and ignored by your fellow men. Each one expresses their feelings towards you by giving you what they can. Happy are those who can appreciate you, in spite of the failings you believe you have.

Mon, June 22, 2015 – 10:00 a.m. All these years of regular contacts have allowed a multitude of messages to be written down; this fact is unprecedented in the history of spirituality. These messages truly emanate from the alliance of Sahaj Marg Masters and are protected from imitation, which would be undesirable and unduly repetitive in our Mission. We are not judging; we are stating a fact, that's all. The objective here is to move towards the goal. It is sound, powerful in its effects beyond human appreciation, and so very productive of what is best. Many beautiful souls form a magical chain, marking out the space allotted to them and acting in the best way possible to extend this beautiful aura over our Mission. Carried by our care, they are blossoming on this highly productive path. Over time, we can assess the impact produced here in this way of the heart. Simple in its approach, it does not offer miracles, although extraordinary events do occur by the grace of the Masters and for the good of our abhyasis. We want the best for all, which entails sufficient involvement to capture our energies and make the most of them. A lifetime is of short duration; there is no time to lose. Everything counts and is beneficial when it emanates from a heart eager to love and involved in this unparalleled journey. We wish a true commitment to all and, above all, one that is beneficial in the way we understand it. A lifetime is brief; the best is to be attained, under our endless blessings.

Wed, April 22, 2015 – 10:00 a.m. Every day, a surge of love carries you here to us, and the ritual can begin. The union of hearts creates this aura conducive to the expression of our souls listening to the incarnate beings. So many of them are suffering. This suffering can have different facets. Which life is spared? It cannot be; karma is inescapable, it adorns each incarnation with benefits and multiple human experiences. Such are the divine laws – they have their *raison d'être*, and the wise person progresses in his or her own manner. When one accepts the guidance of an incarnate spiritual Master, one saves valuable time. So many aspects here are to be considered: purity of intention, commitment of the heart, earnestness and – above all – love for the Master, who is supported by the Hierarchy of his peers, attentive to each of our faithful abhyasis. They are numerous, and none of them are ignored; all have our attention. What they are is known to us. We help them in the best possible way to advance, to progress towards the goal, by ridding themselves of what is useless. Good intentions are not lacking; we appreciate them and make sure that this Mission grows to help the greatest number of brothers and sisters in their call for the Divine. Our guidance saves them precious time. To all the best, under our blessings.

Sat, April 18, 2015 – 10:00 a.m. These messages nourish your heart, dear scribe, and not only that. Their action goes well beyond and imposes no limit on itself. They will be appreciated more and more, hence our persistence in giving them. They will accompany you until the end, thus will this beautiful love story leave its mark on hearts receptive and conquered by the effects of this very special transmission. This path of Sahaj Marg does not lack in resources; they become more evident over time. Many beautiful souls are sensitive to it; they manage to capture in our teachings this unique nourishment that is offered to them. At this pivotal point in human evolution, it is reassuring to see so many pure hearts invested in this extraordinary epic – one that brings a practice and a teaching within the reach of all. Each one receives according to his or her receptivity, no one is ignored; in our own manner, we support and bless all. Thus this way of the heart advances. It conquers more and more hearts able to seize this opportunity: to move towards the divine source – the one that will not perish, whatever may happen. Divine love is eternal, and ours will not falter, you can be sure. Blessed are the invested beings; they will go far, supported by our constant attention. Blessings to all.

Monday, March 23, 2015 – 10:00 a.m. The entire hierarchy rejoices in what the future will bring to this unparalleled way, unique in its effects on hearts awaiting the best in order to overcome the miasma of such a saddening material world. Nothing is gained without trouble; this is not new. Some abhyasis move faster than others, being more invested and motivated. But all, you can be sure, benefit from the same grace and the timeless help of our action, combined to carry to the highest each of the members of this Sahaj Marg Mission. We expect the best from all. Each acts according to his or her abilities, but all are united in this immense chain that will one day cover the world, for the good and elevation of each one. So it is.

Mon, April 6, 2015 – 10:00 a.m. Many opportunities will open up for the Sahaj Marg Mission. Time will consolidate the existing foundations and deploy its action worldwide. Humanity as a whole aspires to grow, to develop at all levels; it has the means to progress. Spirituality is still far from being the goal of many individuals caught up in the movement of material life, which hides fundamental aspects of spirituality for the wrong reasons – this is not new. The path of Sahaj Marg is not demanding. It allows for a balanced life without imposing undue constraints. The essential thing here is the heart, the centre of focus. It conceals treasures not yet recognised and guards its secrets well. It is better that way in the current era where so many disturbances disrupt energies that remain vital in this specific point. The heart is the central axis of our action, which produces results that are not easily assessed, but they exist, you can be sure. In ancient times, far back in the past, this method was already known and sought after by an elite in search of truth on this essential aspect of spiritual evolution. It is decisive for human beings; they aspire deeply for this knowledge even if they are not necessarily aware of it. One day, the opportunity arises for them to go further and to go more deeply into a method, a means for rising, apparently simple but active in its effects. Their commitment is not in vain. A day will come when they can fully assess its effects. The conquest of hearts is redeeming; the divine goal to be reached is the objective. To all, a complete success. Such is our sacred vow.

Saturday, April 4, 2015 – 9:45 a.m

These messages are the result of a connection between the heart of the Masters and those of our abhyasis. Most abhyasis appreciate them, and we are happy about it. By reading them, they benefit from our energies – particularly when a sincere call manifests on their part. These writings do not exist in vain – we have said it often enough – regardless of what some resistant minds might think of them, the future will confirm these words. Even in a Mission like ours, egotistical reactions can arise; we are not in a perfect world here. It would be too good to be able to resolve everything in this 'way of the heart', even though it is effective in its outcomes. Everything is counted – there lies the inescapable logic that governs humankind. We proceed on this path very confident in what it generates that is great and rewarding for sincere hearts that seek our action. These beings are carried, all advance at their own pace, nothing can be forced. Nonetheless, we can see a great number of beautiful souls opening to the transcendence of Spirit and thus saving precious time. Blessed are those who advance confident in our action and who progress in proportion to this call. Nothing is in vain; everything is counted, much more so than human beings on this Earth imagine. May all realize where the most important thing truly lies and devote to it the necessary time and commitment to reach the goal. All are helped and supported under our blessings.

Tuesday, April 14, 2015 – 10:00 a.m

These messages are charged for centuries, why not state it. By reading them, ardent hearts find a reassurance; this subtle energy corresponds to them, this is to be emphasised. The mysteries of life are great, and the human being is very small before them. In many circumstances people believe they know, but they do not. Love is a human being's only true potential. This love is a divine gift; it does not disappoint, and it propels the being to prodigious heights. Sahaj Marg, as practised in this way of ours, supports human evolution, elevating the soul to heights it could not otherwise reach. Why then would these messages be given if they were not thus divinely willed. Everything has its *raison d'être*, human beings must understand this. Even if it is not easy to accept the turbulence of a life, it must be faced. Faith saves one from everything, it is said. Love can lift one to the highest summits and bring the soul to bliss. Divine love is at the source of everything, the redeeming energy, that which creates life at its purest and most exalted level; it fulfils hearts in need. Learning to overcome the vicissitudes of this world and take refuge in this love is a divine gift, and one must know how to value it. May all our brothers and sisters progress towards these shores where love haloes the weariest brows and fulfils all hearts eager to receive it. Such is our wish. So it is.

Friday, May 22, 2015 – 10:00 a.m

Your sufferings, hidden from the eyes of others, are all the more valuable; they refine within you this connection which links you to our hearts. Your heart is offered to us with happiness, and that contributes to this exceptional work for the good of a great many abhyasis. The Sahaj Marg Mission has reached a new milestone; it will continue to grow and win over hearts in the most inviting way possible, since it is destined to help those beings who thirst for the Divine. Many do not realize it, until the opportunity presents itself to them to take this step; we are happy for this. New rules must be established to meet the growing needs and facilitate the work of all those who are committed to this process. Blessed are the beings who start on this path of the heart. They do not do so in vain; thus they save valuable time and will not regret it. This way of the heart offers significant opportunities. It's up to each one to involve themselves in accordance with their wishes. Humanity is in distress for many reasons. This material world in no way responds to the real aspirations of the sensitive being, which is revealed in the subtle part of a human being, hidden from the eyes of all. May the best manifest itself for the general welfare, and facilitate a planned evolution that also seeks its own path in order to reach the very best. Blessings to all our brother and sister abhyasis, and beyond.

Thus, April 9, 2015 – 10:00 a.m A life is never simple. How many struggles there must be to develop at all levels and to accept oneself, as well as those around us. Nothing is easy, yet facing up to things and taking charge of oneself develops the inner strength required to go to the end of this journey. Incarnations follow one another and are similar in some respects. This reality is still far from being accepted in certain cultures, and that is most unfortunate. A day will come when the whole truth will be known regarding this reality, so important for the understanding of one's own existence. Really knowing oneself in relation to this long series of reincarnations would be revealing of the true personality of each one. It goes far beyond family antecedents, these playing only a small role in this pattern; although they should not be overlooked, they are not decisive. 'Know thyself' is a beautiful axiom, yet reality goes well beyond all assumptions and is determined by each one's inescapable karma. So it is. Blessings to all.

Tuesday, April 21, 2015 – 10:00 a.m The winning over of hearts happens slowly on this Earth, as is the case for everything that lives and expresses itself in its own manner. The magnitude of creation is surprising; when studied in all its aspects, it reveals an infinite splendour. Divine power imposes no limits on itself: it creates, engenders, produces – what words can describe it! The worlds differ; this one has its own characteristics, allowing human beings to follow a line of conduct in which their karma can manifest. Doesn't everything have its *raison d'être*! Doing what is best is not simple. So many difficulties impose themselves on all, confronting each one according to his or her path. No one can plan it in broad outlines; they surprise and often puzzle human beings, and constitute the baggage of the incarnate being in the face of this unparalleled power. Finding one's place in the context of life with its multiple facets is not easy. Great and beautiful souls succeed in this when they are carried in order to accomplish great things capable of helping humanity. Long is this journey. Time here means nothing in the face of eternity; it is but an element of little importance. How many questions it gives rise to! Following a spiritual path allows one to situate oneself, to delve deeper into human reality, and above all to advance in this approach towards the Divine. How it enriches the human being! May all our aspirants realise it and explore this possibility more than ever. Special blessings to all. Parthasarathi

Thursday, January 12, 2017 – 10:00 a.m On this day of grace for this family that is dear to us, all our wishes accompany them. This family is not ordinary, it will prove it, and for a long time to come; the future will justify these words. The history of this Mission is marked by many events, some seemingly trivial but, in terms of what ensues, more important than they would appear. Only time makes it possible to clarify certain situations, and that will be done, you can be sure. It will bring to light situations, facts and resources that are not insignificant in this Sahaj Marg configuration, in some way blessed by the gods. Why not say it and make the most of what is offered in the secrecy of 'the gods'. Unceasing blessings to all, united in the egregore of this way of the heart, so special in its effects. Time always manages to highlight what is most important. May the best come about for all.

Saturday, April 11, 2015 – 10:00 a.m. Let yourself be carried away by the divine breath. It permeates these messages, the only ones that are recognised by the Hierarchy of Masters – this has to be emphasised here once more. This fact is to be considered: these writings are and will remain a reference in the Sahaj Marg Mission, at present and in the future. Our choices are not made in vain. They are appreciated and valued accordingly by many pure hearts – to not recognise them is to go against our choices. Nothing is ever simple here below; this fact characterises humanity in all its manifestations. It has always been so. This world is not the one of delights and perfection; a constant work is performed there to elevate its level and have it access more clear-sightedness and wisdom. These writings touch many of our brothers and sisters. Pure hearts, while reading them, benefit from a subtle vibration that cannot be humanly defined. The heart, seat of the soul, still remains a mystery, and will for a long time. It holds secrets that would surprise many researchers. Science has not reached the end of its discoveries. In the future, they will become deeper, to advance towards the understanding of phenomena whose complete truth is currently unimaginable. Another page of history will be known one day; to prepare that time also means to save time. Humanity must elevate itself to access this true knowledge, one so very far from certain clichés that are outside of reality. All in good time; everything has its *raison d'être*. The heart keeps its secrets, and the work of Sahaj Marg enables advancement in this knowledge – such is the aim of our action. May all be enlightened and blessed.

Sun, Aug 5, 2001 - 10:00 a.m. My God, I love you – this is the most beautiful declaration you can make. Never grow tired of repeating it. There is no need for long speeches; when said with real conviction, these few words are enough to open the sacred door. The fervour of your prayer by itself is moving – I love you, my God – what more to say! It is possible to wrap with words this fervour of the heart and let them vibrate in the space endlessly. All manifestations of love dedicated to the Creator are blessings for those who express them. Don't curb your heart any more; [you should] be able in all circumstances to let it express the impulses it is capable of. Let it open out and show its true nature. Man dissimulates sometimes his best aspects, to show only less heartening aspects of his nature. It is up to him to control himself and to let his good aspects open out. No one is completely bad. Call grace in you, always, so that gradually and according to your profound aspiration, it can uplift you to the highest level

Sunday, April 12, 2015 – 10:00 a.m. Keep joy within you, the joy that dispels the greyiness of the days. These contacts are a delight for your heart – it lives on love. Mediumship is not enough; only this energy distinguishes these writings. They are and will remain unique in their genre for more than one reason: their number is unparalleled, and they are rich in their effects. The Sahaj Marg Mission is taking off in the world – this fact is being emphasised once again. A way like this will increasingly find its place in it. It is called for by many souls in need of this concept so important for human evolution: a spiritual dimension capable of responding to the increasingly obvious needs – this for all, whether perceived or not. Why not revisit these concepts often? Nowadays the human being is assailed by noise, images and multiple forms of pollution that cannot be humanly detected. The sensitivity of the subtle bodies must be preserved; they are of fundamental importance in human equilibrium. These facts are not currently considered as they should be, and yet these things painfully disturb everything that lives on this Earth. It is not our habit to address such matters, and yet none of these considerations are foreign to us. We would wish much better for all that lives here below. This world is what it is, let us continue our action – modestly in this particular register yet important in its effects for the good of all. Our objective lies there, essential: one day the divine goal will be reached. Our wishes, and especially our action, contribute to it. Special blessings to all.

Sunday, April 19, 2015 – 10:00 a.m. Yes, this day* is special; it has marked the journey of a soul aspiring above all to join the divine source. This step is important, and one should not neglect it as human beings generally do. Life and death lose their mysteries; they cannot be revealed in the current era, as they would bring too much confusion. Human beings must grow and advance in knowledge, the knowledge that determines all aspects of life in this world – and that is not for tomorrow. An important work remains to be done; this world is subject to so much negativity. Humans in general care little about all the laws that are beyond their understanding; they have quite enough to do in taking on their daily existence. Wise beings who are open to spirituality are gradually gaining access to the foundations of knowledge, the knowledge that determines all life and the fundamental aspects of reincarnation for every living being. A spiritual approach is essential for the real advancement of a soul that is called – on its journey towards the eternal – to experience all the situations that can facilitate its progress. This fact is decisive for the continuation of this journey, which is uncommon and unrecognized by humans. True reality is not within their reach, but it can be approached by following the path, namely, that of the heart, with this very special work proposed in our Mission. Here valuable prospects are opening up, you can be sure. May all achieve the best. Special blessings.

Wednesday, April 8, 2015 – 10:00 a.m.

Let yourself be swept away by this redeeming wave. These contacts have embellished your heart, and this for so many years; do not feel embarrassed by the mention of this. Here, mediumship was not enough; only a special relationship with our hearts has made possible this unique achievement – one that has been wished for by the entire Hierarchy for the good of this spiritual Mission, supported and truly carried by the alliance of Masters. All here are attentive to its expansion in the world; its very positive effects are so greatly appreciated. We still expect a lot from this fourth Master, who is carried and entrusted by us so as to accomplish the best and to permanently establish this spiritual Mission in the world. This aspect of life is essential: it has a moderating influence and allows for the extension of the good as it should be established on this Earth. Everything is so slow here below. It does take perseverance for values like those of our path to be recognised and appreciated at their true value. What must be will be. Good always finds its rightful place, and such is the case for Sahaj Marg. Let us continue for some more time with these messages. They are awaited by many fervent hearts and we are happy for that. What you achieve every day, in spite of everything, is an act of love. It is appreciated at its true value, you can be sure. It is spontaneous and most fervent; there lies the essential basis for such work. But does our dearest scribe consider it work? Surely not! So it is, and we are appreciative. May all our abhyasis benefit from this very special teaching. Blessings to all.

Wednesday, March 25, 2015 – 10:00 a.m. Relax, and forget human turbulences; they are inevitable in this world. Recover this space of serenity where your heart is fully tuned to ours. Here the best is developed. We inspire in you these lines which you receive with fervour. This fervour does not weaken; it shows up in you from life to life in divine service. It is what characterises you, even if it is well hidden from the eyes of humans. Do not be embarrassed – why wouldn't we express ourselves this way! You hold a special place in this Mission, connected to our hearts and that of the incarnate Master. You convey our words with rigor and much love, and this fosters such a situation, one that is quite special it must be said. Why wouldn't we dwell a few moments on this aspect of things; you live isolated from the outside world to better receive us. These writings are not trivial, time will lend them great importance. They are a precious asset for our Mission. Our dear Kamlesh appreciates them, as did the great Parthasarathi – how could it be otherwise. Sahaj Marg is spreading throughout the world and these messages contribute to this. They carry our energies, and these win over hearts as is fitting for the welfare of one and all. This teaching corresponds to the current era and prepares a future more open to some realities of life at this level. It would be time for minds to open up and be fed by truth, in order to progress more rapidly towards the higher reality. Blessings to all.

Saturday, December 15, 2001 - 8:00 a.m. Do you want us to stop talking today about the misery of the world, to go for a walk aimed at refreshing your heart? It seems that a touch of poetry would be welcome. See creation in terms of its most beautiful aspects, my child. Relish colours, perfumes and harmonious forms. How can nature in these smaller manifestations be so varied and so beautiful! Plants are an example of this, and the observation of flowers that delight man's eyes reveals that they are a world to be explored, with an infinitely rich diversity. Geometry is never absent from these constructions. Plants are subjected to the same laws as each element of the created world. Therefore, the same rigour prevails; order reigns and anything swerving from it is eliminated as a matter of course. Anomalies are hiccups that can be useful. Nothing is in vain. Anything seemingly imperfect in the eyes of men has its *raison d'être*. The divine plans have many facets. By seeing only beauty and perfection, man praises the Creator for the success and the splendour of His works.

Thursday, April 2, 2015 - 10:00 a.m. Here reigns harmony; these messages take shape here – they try in their own way to touch hearts, to help them on this perilous path of life. Our abhyasis too are caught up in this movement that they cannot fully control. Destiny's part is there, and everyone must live with it; this is inescapable. Until the end, life holds surprises, and they are not always pleasant. Knowing to accept them and trying to understand their meaning is wisdom itself. How many destinies end up meeting the true wishes of the human being! Engaging in a spiritual way allows one to make sense of things, to protect oneself by going beyond materialism. An incarnation is but a brief passage in the face of eternity; in many circumstances it is necessary to put things into perspective in order to see, beyond appearances, the true signs of destiny. It takes time on this Earth to come to understand the essential aspects that characterise an incarnation; each incarnation is a link in a vast chain where intersecting destinies are interposed to accomplish what must be. Doesn't everything have its *raison d'être*! Acceptance is a sign of wisdom; it saves valuable time, it helps one move beyond events and rise above materiality. Thus are hurdles overcome, avoiding stagnation and furthering this quest for the Divine, to which, conscious of it or not, all human beings aspire. Everything in its own time: one day the divine goal is achieved; this way is pursuing it, for the good of all.

Sunday, March 29, 2015 - 10:00 a.m

What more could you write, you say. These thousands of messages have accumulated over the years and they are taking on importance. Happy are those of our aspirants who appreciate them. Each one of the messages is a blessing for their hearts, why not emphasise it here once more! In such a register repetition is necessary, it constitutes the very principle of life. These writings will go very far in time and remain the mark of Sahaj Marg – this spiritual path whose unprecedented effects prepare, in their own way, the world of the future. Many changes will occur in times to come; they will be decisive for the survival of a humanity called to return to a more just proportion of things in many domains where reason seems to be going astray. It is necessary to go to the end of what must be, for a more appropriate equilibrium to bring this world back to reason. A spiritual path cannot but go in this direction and help the greatest number – that is our fervent wish. One day, the divine goal will be achieved; here lies the aim of our action, one that cannot easily be assessed, but it is active and fruitful, you can be sure. Doesn't everything have its *raison d'être*! The Masters here gathered are working towards this, and we are happy with the results. So it is. The best to all, under our blessings.

Tuesday, July 20, 1999 – 8:00 a.m. It is good to leave some written indications outside these messages, as I recently asked you to do. Humans like to do what they want sometimes; things have to be specified, on paper. After that, these messages will follow their destiny, and that will no longer be our business. They will be appreciated or not, as is the fate reserved for our books as well. We pass by on this Earth, we sow a few seeds, and life takes hold of them and does with them what it pleases. Life on Earth is so short, so fragile. Take it for what it is – a transitory incarnation, where one cannot change everything or set everything up as one would wish. It is necessary in certain circumstances to resign oneself to the facts, and to what Mother Nature decides. God has his plans, ours are mere sketches that are often swept away by the wind, like a wisp of straw. Therefore, in all things, you have to rely on divine Providence. Your surrender will be quite useful, you will spare yourselves some bumps and bruises by your nonresistance. Let life do as it pleases, you cannot tame it; it does that, it has full power. Never think you can dominate it – you would face big disappointments. Go on your way by doing the best you can; we help you to receive the best, whether you find it attractive or not. Never rely on appearances. Courage to you all.

Wednesday, December 29, 1999 - 8:00 a.m Do you believe you are the only one having self-doubts? We went through the same periods of questioning what we were experiencing inwardly. Your life, in a sense, is not ordinary. It is normal that you wonder about all the special experiences you are having. Rest assured: if you consider your process an enigma, for us, you are a case apart. You are advancing in a kind of dual life; you keep a cool head and are not really surprised by all that happens to you. If you suffer from staying indoors, you are compensated with the privilege of reaching shores to which not many humans have access. You never cease to intrigue us and we love you for that. Endure your condition courageously; do not dwell on the lack of understanding by others. How many times have we said this to you? We, we are not deceived by appearances. Make the most of these few special days during which you are going through humanly and spiritually powerful moments with beings you love. We bless you all.

Saturday, December 15, 2012 – 10:00 a.m.

Long is the way, but all these efforts bear fruit. Seeing a soul who is awakening to the divine splendour provides unparalleled joy. Imagine the heavenly gardener looking at the blooming of the most beautiful flowers. Our Mission is growing and spreading, which encourages us to move forward and to shake up our abhyasis somewhat with comments that are likely to surprise them. We need to go step by step, but steadily, and speak about that future that will see major changes occur, thus contributing to overall development. An expansion of consciousness is desired. Our candidates must make an effort to go beyond themselves and their egotistical tendencies; the latter seriously hinder their evolution. We cannot solve it all; everyone must make an effort to adjust themselves to behaviours that can foster a surrendering to the Divine, to all its many manifestations that are appropriate to the needs of spiritual advancement. The Master operates at the highest level; abhyasis should be able to overcome their weaknesses and use them as a force capable of transforming their own destiny. Nothing is achieved without effort, and grace always occurs at the appropriate time. The school of life does not in any way violate the divine laws; all abhyasis must go through very difficult times in order to better understand their true potential. Opening one's heart to this beauty testifies to a deep and sincere call; this call attracts our hearts, as well as our vigilance in reinforcing the seeker in this noble advancement. It all takes place in a timely manner; chance does not exist – an opportunity is offered to man when his destiny so permits, and this can totally change his life. May all be blessed and strengthened.

Sunday, May 27, 2001 - 8:00 a.m. M: "O Babuji, you give me all, my Beloved."

B: Yes, my child, throughout the day, try to keep the condition you had at the end of our contact yesterday evening. Let yourself be carried away by the redeeming flow; this Sunday rest can only foster it. Lift yourself up; lift up your thought above this world. Is this not better than holidays? We understand your need for change, fresh air and communion with nature – your aspiration to go away from here. Create all these impressions in you, enjoy them intensely, and visualise these landscapes you are lacking. We would like to give them to you in this moment. You can recreate anything in your heart, feel intoxicating perfumes, breathe and experience stirring moments; everything is within your reach. It is enough for you to ask for it, to want it forcefully. Your spiritual being can do much better for you than communing with nature. The world is in you: the sun, the moon and the starry sky. Priceless flowers, nameless trees – your mind can appropriate everything in these blessed moments. Do you appreciate this walk? Has it refreshed your heart? Prolong it, my child, and continue to advance in this fragrant maze; your soul will come out of it delighted."

Friday, June 29, 2001 - 8:00 a.m. Human beings struggle continuously with their tendencies, which they try to control. It is a ceaseless game which keeps them in an uncomfortable position sometimes. A well-led spiritual work helps them to alleviate the most embarrassing positions. The step of awareness of what slows down one's evolution is a significant one. An incarnation necessarily comprises – to various degrees – a handicap of this kind. The work achieved within the Mission is a revealing one; it allows the being to better know himself, and to ensure that obstacles slowing down his progress are removed. There are various levels of action in this work, which cannot be easily categorised. A human's critical mind confuses easily all expressions of character – a genetic asset necessary to one's incarnation. They [characters] emerge inevitably and can be even reinforced temporarily through the cleaning process. One can be amazed by all these considerations. Man must face a certain number of characteristics which define him and which he must control, so that the new being can emerge in him, relieved from its original gangue.

Saturday, May 26, 2001 - 8:00 a.m. This special communication will be recognised in the future. Earthmen as a whole will have to accommodate themselves to it: it is possible to have contacts with us. Some beings have this faculty, why not admit it? This fact always existed, and among some people it is common and much practised. They also possess a wisdom transmitted over time, enlightened by guides [standing] by their sides. All is simple for them; their mind is not tortured, the ancestors protect them. Their way of thinking is different from yours, but it is right basically, even if rituals are added to it that have no relevance to our comments. Why do your purportedly advanced societies reject what is not codified according to their standards? Man's capacities are amazing, but are relatively unused. The moment has not come yet; the coming era will foster their development. These capacities will have to be used for the good of men: they will have to be handled with discernment. The notion of good and evil will remain and vigilance will have to prevail to avoid going to extremes. Evolution on the Earth is taking place slowly, even if it is nearing a pivotal moment when everything can turn upside down and trigger the movement. Be that as it may, a time of adaptation is necessary to man, who cannot be subjected to modifications that are too brutal straightaway. He must get over this hurdle carefully, and through a phenomenon of osmosis he should find himself in a context fostering this metamorphosis.

Thurs Feb1, 2001 - 8:00 AM Our laws cannot be easily understood by men. We don't deal with earthly matters in your way. Once again, my daughter, don't let doubt overcome you. Your channelling ability is not at issue in this matter. You must adapt to our comments and formulas, whose actual meaning you cannot understand. Do not go by statements that can mislead you. They are meant to be decoded by my son, therefore, don't let yourself get emotionally involved in the business hazard of the Mission. They are sorted out according to the rhythm of life, taking into account the perpetual human play—changing and quite unreliable. We must consider all possibilities and wait and see how things turn out while trying to favourably influence them. There are miracles, but there is no permanent miracle. Life on Earth has its own rules, which no one can escape. Such ups and downs cannot fail to happen in the Mission history. Sooner or later that ashram will see the light of day; it is in the nature of things.

Wednesday, May 30, 2001 - 8:00 a.m.

As time goes by, you will have evidence of what we tell you. We proceed with caution; hearts are opening up to reality, slowly but in an irreversible way. A new era is dawning on the horizon; highly elevated people are leading the way to knowledge; they are pioneers of this evolutionary cycle. Their conception of life is different from that of the common run of people. These special beings are people of modern times with a mission. There are serious reference books, which can give you a broader idea of our comments. The world is in the making; the dawn of a new day is rising. Keep your mind open, you will need it if you remain on this Earth long enough to witness this ascending movement. The shock of ideas will be hard, the old concepts will be disposed of into the bin; confrontations will be inevitable. An important change cannot be achieved without clashes. There will be much wailing and gnashing of teeth – putting things blandly. One cannot revolutionise the world without damages. Remain serene and pray for the advent of a better world. To become a butterfly, a caterpillar goes through difficult stages which your eyes cannot discern. You can only see the result, and things are better that way. Dream of this future world, wish for it with all your soul; you will contribute to its materialising.

Thursday, May 31, 2001 10:30 a.m.

It all has to be done; accept the ambient bustle. Be focused and let us resume our contact. We are happy to be able to communicate with your Master by this means; he needs this comfort. Managing the Mission in its current dimensions requires great receptiveness. It is important for him to spare himself, at the minimum, to fulfil his personal asceticism. This should not be forgotten. He too is following an endless path. Like all of us here, he is growing perpetually. Status quo mindset has no relevance in this contract. Life, at all levels, is movement and evolution. The entire creation is subjected to this law; we are no exception to this. Be happy about living, moving, acting, advancing. Love your life; accept it as the most beautiful gift. You cannot imagine how lucky you are to have reached this level. Think of your brothers who are not as lucky; they need you. Here below, you are a big family whose members should all unite for the good of each one.

Monday, May 28, 2001 - 8:00 a.m.

Mystical experiences are not transferable to other people. One has to experience them personally, to remember them and be thankful for these remarkable graces. They do not pertain to the realm of senses – which are of no relevance; they are neither identifiable nor easy to explain humanly. These experiences are not the goal of your sadhana; they are given in specific cases and under some circumstances. Rely on your Master; he knows what he is doing. Each one of you has his own path, which has to be followed quite simply. It can hold surprises. Grace is constant; it is a great comfort for a heart that is offered and that craves for it. In many ways, it is intended for you. Be attentive to its manifestation, you are not forgotten. Each life, including its experiences, is different; it is unique since it is yours. Be capable of recognising the signs it bears and capitalize on each moment for your own fulfilment; lost occasions cannot be made up. Advance with faith in your personal fulfilment and in God who guides your steps. You have your free will, the onus is on you to do or not to do; no one can force anything on you. You are faced with your own destiny; it is up to you to take action on your good intentions. Let yourself be guided towards the ultimate goal; trust us and the best will be achieved.

Monday, February 4, 2002 - 10:00 a.m. It sometimes happens that our comments shake you up a little when you receive us. Then, in hindsight, you recognise the validity thereof. It is normal that these kinds of reactions occur, you are well placed for that. The readers of these messages will also react in their own way. In our remarks we do not go beyond what is possible. You all are conditioned by ways of thinking and behaving which are by and large the same. We adapt ourselves to a frame of mind reflected in the beginning of this new era, and which will influence humanity in a profound and durable way. A real openness must occur on taboo subjects, which are maintained by religious currents distorting a disturbing truth. We are all working here so that men of this time can finally see that the book of knowledge can be opened in front of them according to their aspiration. Will this century be finally called 'the century of the Enlightenment'? That's our wish. Let us work together; let your minds serve us accordingly. You who stand at a level of comprehension above average, make sure that you participate in the preparation of future times.

Monday, May 28, 2001 - 10:00 a.m

My child, meditate. Are you not feeling well with us? Is it so difficult to isolate yourself, to make this effort to be with us? What else can we ask you when you cannot endure this body and you only aspire to leave it? You should continue; the moment has not come yet. No one can complete the remainder of your path in your place. You find it long, uncomfortable and heavy; we cannot do anything about it. Be constantly thankful for the opportunity bestowed on you to make a success of your life by using this potential for us. Can't you agree to carry on your way? Is such an experience not an exciting one? Many [people] would like to live it in your place. Life is short, be a little patient; one day you will look back nostalgically to this period when each day these contacts were uniting you with us. You are conveying our thought by aligning words which seem confusing to you sometimes. They are necessary; superfluous for some, right for others; they will be useful to all. Don't try to analyse, just continue to satisfy us, with the same spirit; all has its *raison d'être*. These messages exist and are starting a life which fervent hearts will be able to maintain.

Thursday, December 20, 2012 - 10:00 a.m. My dear daughter, there is so much more to be said. Time results in necessary repetitions; they are required so that humans are able to comprehend what they didn't at first glance. Some principles remain unknown to many of our aspirants. Time will do its work as in all things; minds are opening up slowly, but the time of knowledge will come soon, when knowledge is perceived differently. Somehow, this world is functioning at a slow speed and nature is adapting to this pace. Humans are programmed like that; it's all harmonised here below and to a certain extent the established order is respected. However, that which is not respected destabilises humans and the consequences must be paid. Who really respects nature? The question will be raised more and more in the face of disasters caused by unacceptable and uncontrollable behaviours. It is all fragile despite appearances; creation is as one, and doing harm to a species triggers regrettable disturbances. How to make humans see reason when they are convinced of their superiority over all that surrounds them? In reality, such is not at all the case; creation is a whole, some balance has to be observed and far-reaching imbalance can lead to irreversible torments. When will humans advance in humility and respect for creation? They are not superior. Each of nature's kingdoms has its own laws and peculiarities; everyone should respect them with a view to a better balance. Spiritual practice must also lead to respecting the created world. Blessings.

Wednesday, January 16, 2013 - 10:00 a.m. Time does its work; it clarifies situations and operates according to criteria that often transcend human comprehension. What seems unimportant at first can yield very positive aspects and then be recognised, including in our Mission. Everything evolves, and also in an organisation like ours where its worldwide expansion brings about some adjustments. That which is essential is immutable and takes shape over the years as the number of our aspirants increases. Adaptation is required at the human level; it is not always easy, and changes can disconcert our brothers and sisters. Only what is essential matters: the spiritual aspect whose essence is unique and more effective than it seems. Today's humans don't spend hours in prayer – they have to be offered an effective and beneficial method in these pivotal times when humanity, somehow, is preparing future times. These messages, appreciated by many of our aspirants, provide some edifying elements in this area. They should be read with the heart; after their profound meaning has been grasped, beyond the intellectual realm, they then take on their full significance. Blessed are those who know how to simply discover within themselves all the beauty of a spiritual process like ours – a process through which the sovereign Spirit transforms hearts in their innermost core, wherein the Unalterable beauty is revealed. In this context, surrender and simplicity open the doors of the sacred. May all our abhyasis advance towards that prospect. Blessings to all.

Sat, Jan 19, 2013 – 10:00 a.m. Our continual repetitions are purposeful; who among our abhyasis is perfect and holds the truth? We want the best for each and all, and that they truly integrate our comments according to their capacity and not in a superficial manner that is limited to form. All sacred texts are repetitive. Truth is both one and manifold; each person grasps it according to their ability to go beyond the letter of the text. The aim is to lead the reader to go deeper inwardly, starting from a text whose sole purpose is to educate our brothers and sisters about the reality of the subtle being. These repetitions are meant to take him deeper into the understanding of phenomena and of what is essential to effectively progress in one's incarnation. We offer everything possible to help our abhyasis better grasp a very special system that is offered at the present time for good reason. We cannot convince them all; not everyone has the same potential. What deeply touches one of them may go completely unnoticed by the other who does not have the same sensitivity at that specific moment of reading. Tomorrow things may be different, and that aspirant will then discover the deeper meaning of seemingly trifling comments that didn't mean anything to him the day before. A human being is like that; hence these constant and necessary repetitions. We are doing the best for everyone; it works out well for our fervent readers. Our comments are simple, it is true, but this is purposeful. This is not a piece of literature, and it is not meant to be appreciated as such – we stand far beyond that kind of writing. It is up to each one to interiorise themselves enough to grasp what is essential and given here for that purpose. Blessings to all.

Tues, June 19, 2001 - 10:00 a.m. We are not going to overload you too much today. Enjoy the presence of your dear children of heart and convey our blessings to them. We like their burning hearts that serve us with faith. This faith gives its true dimension to life: a blooming, which makes it partake in the divine work which is carried out among men for their salvation. By adhering to this unsuspected power which releases humanity from these miasmas, you ascend while helping your fellow creatures who do not have the chance and opportunity, in this incarnation, to follow an edifying path. The laws of evolution are rather strict; the time of divine achievements must be established. It matures slowly in the secrecy of hearts, at a pace that makes light of the rules of time. Whatever may happen, you should be and remain surrendered to divine providence, as far as you are concerned, and to the care provided by your Master, who, like an enlightened shepherd leading his flock with vigilance, never abandons the latecomers and the least motivated. He remains benevolent and patient: this is the best guarantee of success, which must also encourage you to keep doing better.

Tues, June 19, 2001 - 4:00 p.m. You should understand well that each test is formative and necessary to your evolution. We have said it time and again as this principle is the foundation of everything. Be edified in this aspect and respectful of the game whose renewed developments punctuate your life. You cannot escape from it; therefore you should participate better in its vagaries willingly. Make sure you appreciate each moment, whatever it is; it has its importance. Wise people thank God for placing them in varied situations where they can show their faith. You can realise, through these comments, how much you must progress to arrive at this stage of surrender. Love makes you grow and become stronger to an extent which you cannot even suspect; in some circumstances, it carries you and amazes you. Grace answers this attitude: it elevates you and transforms you. Be happy to be on the way, to have understood where priorities lie and to make your life an edifying example for your brothers who do not have the help of faith. Can you imagine your life without it? It would be devoid of interest, of reasons to fight, to fall, to get up again, and set out again with one's heart at rest towards the next obstacle, which one day will be the last!

Tuesday, July 23, 2002 - 10:00 a.m

It is true that contacts are established between certain leaders of influential countries and beings coming from elsewhere. We cannot give any further details for the moment; that is not our intention, and moreover, it would not be admitted by a majority of individuals. You will have to wait until this fact becomes obvious to the greatest number, and then this issue can be addressed in more detail. People's minds are slowly opening to the idea that extraterrestrials, far more advanced than Earthmen, come and give them instructions on actions to be taken in difficult situations. Yet it is nothing new, as proved by secret files. It will actually be necessary, one day, for everything to take place in the open, and for men to accept what they obviously and clearly hold in a lower position. The moment has not come; very important movements of force will have to be applied for this to happen. This reality does not change anything to that which concerns you personally, i.e. working on yourself, as your evolution does not depend at all on these external aspects.

Tuesday, January 22, 2013 - 10:00 a.m.

There are more surprises in store for you regarding the planned path of these messages. There are thousands of them and they are rich in teachings, you can believe it. Nothing will stop their progression in the world of humans. Doesn't everything have its *raison d'être*? After the many disasters that will take place on this Earth, it is expected that a part of it will remain where, by and large, our teaching will live on. What is essential endures; so has it always been. Evolved beings know how to put things into perspective, and they preserve that which must exist. The evolution of the world must go through stages of transformation of all kinds. Ordeals are necessary to all that is living here below, and that is not about to change. A teaching like ours contributes to that planned evolution. Humans must be refined in order to arrive at this stage that has long been planned. Many planets are inhabited – not the way humans imagine – and many have already reached a very high level of refinement. That discovery would surprise the sceptics; the Earth is far from being the most advanced. This will become obvious to all the day the cosmic forces manifest themselves here below to stop disturbances that are more and more worrying, not only for planet Earth, but also for the whole of creation. Earthlings are acting worse and worse in this area. It seems that nothing can stop them, but one day they will understand that certain limits should not be exceeded on pain of doing irreparable harm. May these writings lead our readers to a profound and useful reflection benefiting themselves and everyone else.

Monday, January 21, 2013 - 10:00 a.m.

These messages punctuate the course of days in our Mission. The Mission is progressing slowly, but in a secure and constructive manner that is meant to leave its mark on current times. Such writings are unique and they complement those that already exist. They form a whole that is relatively rich in this area. A number of our abhyasis appreciate them. Everyone sees things in their own way, and they advance towards a deeper understanding of all that we are offering. We cannot force anything. The sensitivity of our abhyasis is improving over time as they are making progress in their practice. Over the years, we can measure the progress generated by their practice – it is remarkable and justifies all our actions at different levels. Many things will disappear from Earth, but what is good for man's spiritual evolution will remain and be greatly encouraged. The age of enlightenment will come to this world. It may seem improbable today, yet it will come and transform this humanity, which is suffering in many ways. Since ancient times, humans have been seeking to destroy, to take power – a power that is so very deceptive. They stoop to compromises that are not worthy of them. Most of them overlook an essential aspect of their lives on this Earth. They believe they have only one life and that it does not lead to any consequences. This is a serious mistake. All their reckless deeds appallingly hinder their evolution. The aim of our way is to guide human beings at the spiritual level and help them become aware of a reality that is beyond them. From life to life, a common thread connects beings who are committed to a way like ours; throughout the rest of their journey they will benefit from help that is appropriate and salutary. May all our brothers and sisters consider this prospect and do the needful for their growth, with our full support.

Tuesday, January 29, 2013 – 10:00 a.m. Here is peace and harmony; is this not what your heart yearns for! This preamble leads it to serenity – one that is suitable here in this sacred ritual, where our souls are attentive to your souls and infuse, through these writings, a vibration into your hearts. Many of our faithful readers feel that vibration and they enjoy it fully. These messages have multiple effects, and the more refined a being, the more he benefits from them. Nothing in our Mission is done without reason. Over time, some aspects of the practice will be highlighted, as we have done in the previous message concerning the possibilities offered by the new symbol. Each one should be left to their own understanding of things; we propose and our abhyasis experiment and practice in their own way in the framework of our teaching. This teaching may seem very simple, but steadfast practice conducted with the greatest keenness, as well as with a fervent heart, leads a being to the best results. For many of our brothers and sisters, this commitment has in some way changed their lives. Subtlety is developing in them gradually but surely. This is a major advantage in a process like this. Going beyond appearances, going somehow beyond one's human potential – that which is given to man in this current incarnation – testifies to the aspiration of the subtle being towards self-realisation. How many people follow such a process and are aware of what characterises them beyond physical appearances? Not many, in reality, compared to the current number of humans inhabiting this planet. Our abhyasis are somehow privileged; they are aware of what is offered them and they feed on it according to their own needs. The call of a fervent heart is always heard; we do not remain insensitive to its impulses towards us. All, according to their longing, benefit from our attention. The light is at the end of the road; a day will come when, to our delight, each one of them will discover it. May all our aspirants motivate themselves towards this prospect, driven by our love towards them. This is how it is.

Friday, February 8, 2013 – 10:00 a.m. In a spiritual way, only the call of the heart really motivates the aspirant. He feels a lack within him, an emptiness which the intellect or reason, whatever its name, cannot fill. The profound yearning in most of our brothers and sisters continues from one incarnation to another. This yearning sometimes comes from afar and manifests itself differently depending on the aspirant's personal evolution. Each of our aspirants is different in terms of the progress they have already achieved and their latent potential. That which is truly appropriate in this life in view of a preplanned progress presents itself when the time comes. It is not always easy to understand that need; the country of birth and the environment of the being concerned do not always lend themselves to the call felt by the seeker. 'What must be will be', as our Mission sufficiently demonstrates. It is growing in the world and it transcends the difficulties that arise from principles established by certain cultures. 'The way of the heart' knows no borders; it is universal and very simple in principle. All human beings are equal in the face of the current evolution of the world. A simple method brings together and unites beings through a process whose simplicity creates no barriers between people. Only the impact generated by this system matters; though it is extremely simple, its subtlety makes it very effective. We are able to assess the results of this practice, and they are very convincing. We are delighted by that, and this motivates our action more than ever. The world of humans must move in the right direction – that of its spiritual evolution. On all levels, this evolution cannot be taken away from mankind, unlike Earthly goods. May these words encourage our aspirants to keep going further in their quest of the Divine.

Tuesday, February 5, 2002 – 8:00 a.m. Come back down to Earth, my daughter. Don't you want to complete your page this morning? There are days when it is hard to emerge from meditation. This refreshing bath raises the soul and transports it well beyond this world, in the incandescent light of a space unknown to men. The benefits provided by meditation are special and manifold. They cannot be measured objectively. This asset ennobles the soul and enriches the entire being. Practise as much as possible, you thus acquire a broader and more real vision of the world. The veils of illusion will be raised for you and you will be able to glimpse a truth that will reinforce your eagerness – resulting from your personal work and ours – to advance in knowledge. Your efforts are not in vain; they are all recorded on your personalised register, illuminated by rich moments of your sadhana. They form a striking collection: your passport for eternity, shall we say. You do so many useless things in this life that it is comforting for you to know that in this area, the least of your acts are recorded. It is up to you to ensure that this divine nest egg grows to the maximum possible.

Friday, February 15, 2013 – 10:00 a.m. Relax and let yourself be carried on the wings of bliss. You know how such comments help to relieve you of anything useless, and from the perpetual hassle of material life. Taking refuge in us, in the heavenly abode of serenity, opens the doors of our hearts to you. “Thus begins this ritual where we can express ourselves. We are repeating ourselves, it is true; but what else can be done? Humans constantly reproduce the same errors and failures to lead a life focused on spirituality. Their human obligations are not an obstacle; there are high level managers who do not neglect anything in this essential aspect of their lives. It is up to each one to decide and act according to their priorities. All are supported to the utmost; we can only encourage our brothers and sisters to move forward against all odds. An incarnation passes quickly; all opportunities to advance should be seized. We do not expect our abhyasis to lead an ascetic life, but only to observe a few rules and to do their best in everything for their own evolution and their fellow beings. A teaching, a practice like ours, does not represent an obstacle to life in general. On the contrary, it changes a person’s vision regarding aspects which initially he did not even think of. An expansion of consciousness opens wider perspectives, in every respect. The purpose of following a spiritual way is to transform the human being, to make him catch a glimpse of other possibilities of life in the wake of this current incarnation – one that resulted in some respects from previous ones. It’s all connected, planned and long scheduled in the life cycle of the human being and everything that generates life in this world. Chance does not exist, as we have already said. Focusing one’s life on spirituality is a decisive choice; thus does the seeker advance towards the goal, and that goal is the sublime reward of humans. Blessed are all our brothers and sisters engaged in this way.

Sunday, February 17, 2013 – 10:00 a.m. Here, we express ourselves very simply in order to touch hearts; isn’t this what should be done in such a situation! More ‘learned’ books have been written and they are still very little read. Sophisticated formulas do not necessarily lead to the truth; only the attraction of the heart matters, what it is sensing as well as what these comments generate in it. The intellect has a different, more superficial approach to these phenomena in such cases. A spiritual process leads the being to excel, to explore other aspects of his consciousness, of his possibilities of understanding. We cannot force anything but only provide simple elements capable of producing the desired responses. Nothing is ever to the liking of all, but the largest number seems to appreciate what we offer with these writings; isn’t this the most important thing! Minds are opening up slowly but satisfactorily. We can judge this from here where we perceive the good effects of these messages, beyond the intellectual perceptions of each of our readers. Many of these writings are now read by non-abhyasis and this is worth emphasising here. Why not? – one might say. We discuss a simple reality, yet one that is decisive for human evolution. There is nothing secret in our Mission; we lay stress on the laws of the heart whose effects are so important and beneficial. We see our abhyasis changing. It is all happening slowly but safely. There is nothing illusory in that; only the simplicity of the approach touches hearts and clears their way more surely in this area than an intellectual approach would. Doesn’t everything have its *raison d’être*! Many possibilities are offered to man in an incarnation. The way of Sahaj Marg is among them – one that is effective for his evolution. Blessings to all.

Monday, June 17, 2002 – 8:30 a.m. Let your heart rejoice, my child; all is not so bad since we can establish this contact. Is it not wonderful to be able to link up like this every day, and to let your heart glide in this special vibration? These messages are imbued with it; each one of our readers, according to their frame of mind, will be able to feel it. One can very easily access us through the heart. This is the shortest way to reach ours. These messages show it: all is simple in spirituality. The great theories are not superfluous; they satisfy people enamoured of rhetoric, but their true search will have to go beyond this stage and leave aside erudite ideas. To become again like small children: there lies the secret. A great spiritual Master has already alluded to it, just like others before him, preaching the simplicity of heart and the most direct way, the most pared-down: love, and only love, is capable of showing the way. May you stride forward in the way of sparseness and utmost confidence in your Master.

Thursday, June 28, 2001 - 8:00 a.m. Open the door to this elsewhere which enables our meetings. Love is an element of this secret code; it emanates from you in this moment. The ritual is always the same one: you put yourself in the appropriate condition, cutting yourself off from the external world and opening the doors of your heart. Thus, we can exchange; you can note down, carefully, what we tell you. Amazed, reassured, trustful and always grateful for being chosen, such are your reactions. We appreciate our channel, which conveys so well what we want to say. With the special vibration emerging from these writings, we wish to touch your hearts and put them in resonance with other spaces so different from yours. Our comments are not likely to kindle your imaginations and to strike them as science fiction movies do – which some among you are very fond of. We prefer to remain in good measure; sensory reactions do not serve our purpose. To prompt good reactions in the long run, to make you take constructive resolutions meant to serve your progress, to refine your perceptions by encouraging you to strive for, and to create in you a condition conducive to our work: such are also the purposes of these messages, however innocuous they may seem to you. Many ways are to be used to help you to reach the best; we are applying ourselves to this, you should appreciate it.

Wednesday, February 6, 2013 – 10:00 a.m. Life is not a bed of roses; it is nourished by a continuous and essential movement. That is the way this world is governed, and its many features characterise it. We act, according to these features, to transform into positive energy that which is not necessarily in keeping with it, and which does not initially lend itself to a far-reaching mutation. We gradually lead our abhyasis, those who are willing to follow us, to a state that opens their psychic centres and to an appropriate inner disposition. As the journey of our abhyasis unfolds, the world of the Spirit gradually becomes a reality and an absolute necessity to them; the most committed ones know what we are talking about. The way is cleared before them and they are progressively led to shores where the notion of spirituality takes on another meaning. It is no longer an abstract word whose meaning eludes them; they are led under certain circumstances to have memorable experiences, especially in seminars where the Masters' birthdays are celebrated. Our way has more than one resource – it offers distinctive features. Each one of our brothers and sisters makes their own discoveries as part of their personal journey. Spiritual life, in terms of its many manifestations, is, and will remain, the true wealth of the human being. Our abhyasis are on their way and are appropriately supported by our constant blessings.

Monday, July 2, 2001 - 10:00 a.m.

Go beyond all human baseness; don't you have better things to do than dwelling on them? Nothing of this sort should amaze you any more. In the spiritual area, you have yet to discover so much; it conceals a richness that would amaze you if you could apprehend it in its full extent. It comprises multiple facets, which you will be able to discover with time, as you advance. May your desires relate only to this discovery; you will not be disappointed. You have explored human experiences, those which are acceptable (the others are not unknown to you), and you know how much remains to be done so that this world is purified and it is uplifted to a different status. Continue to advance with a fervent heart; may your enthusiasm in this aspect never wane. May the process of detachment that is taking place in you enable you to target your efforts well and put things in perspective, in terms of the most useful aspects of your life. It will continue beyond this incarnation, divested of the useless and the miasmas of this world. Only consider the beautiful, love your fellow creatures, be helpful towards those who did not receive your lights – and there are many of them. Go in peace and do your level best, as per your heart.

Tuesday, August 28, 2001 - 8:00 a.m

One must be able to open the right door at the right time and then, to plunge into oneself with delight. This refuge must be unique, for you. Here worldly torments are removed; there exists nothing else any more but the Divinity and you. In this unique face-to-face, you find again your real self, divested of your human being's childish sides. In this protected place, your true personality emerges; this time of grace and rest restores your strength to let you cope with life. Would you henceforth give up visiting this blessed place, continuing your search and rising a little further every day? When this process is underway it is not easy to give up. Why would you renounce? Who could prevent you? This step is undertaken in the depths of your heart, in the secrecy of God protecting his creature from the curiosity of its fellow creatures. This special bond is a bilateral business, between Him and you, and nobody can live it on your behalf, or remove it from you. Take great care of this treasure, which does not require any safe in a bank. This jewel is priceless in the eyes of men: God alone can value it.

Fri, June 28, 2002 - 10:00 a.m.

Love between Master and disciple is made of confidence and harmony. It all must be simple to support the best relationship. This love is strengthened with time. It can achieve great things. It opens secret doors, difficult to go through. It governs the divine game; nothing can be built without it. As you can see, you are privileged since this concept developed in you quite naturally. Love is the thread of all great and definite things that develop in this world and elsewhere alike. This energy outlives all disasters inherent in the great cosmic movements necessary to the established order. This can seem paradoxical, but that is the way it goes: construction and destruction balance each other in this special and sacred geometry. The masses must be maintained in a constant stream leading necessarily to evolutionary phases. All this work is structured beyond your understanding, but that does not matter to you, since it does not interfere in your own evolution.

Tuesday, February 12, 2013 - 10:00 a.m. *

The most important feature in this symbol is the point of light in its centre; it is appealing in many respects. By including it in their practice, our abhyasis will experience it, over time. It's up to each one to discover the effects it can generate in regular practice. After so many years, it has begun to attract attention; the hidden meaning of the various elements will be revealed to those who give minimal attention to what it represents. An esoteric symbol always has a hidden meaning – there, precisely, lies its characteristic. Going beyond appearances, truly interiorising oneself will bring suitable answers to such a course of action. It is not about attractive elements; it is about their deep meaning. Sufficient interiorisation will provide seekers with the desired answers. Our abhyasis will feel more and more drawn to this symbol. It was given a long time ago and only now does it raise some interest. This is how it goes, one might say. It all takes place slowly in a world where laws are inescapable; we cannot change anything now in this area. In the future, a new orientation of the planets will give rise to a movement of global acceleration. Then, in many areas, everything in the general organisation of life will be reconsidered on all levels. The preparation of such changes takes place very slowly on Earth; its pace is slow, being included in an overall movement. Doesn't everything have its *raison d'être*? That is not our area of responsibility; we can only adapt, and especially here – precisely in this area of spirituality – we have to transcend the laws of materiality. Our focus is elsewhere; it is essential for all of us. Blessings to all, and particularly to those who are nourished by these messages. May these messages open up wide horizons to them according to their personal aspirations.

Fri, Feb 15, 2002 - 10:00 a.m.

You make yourself available to us, which allows for these daily contacts. Your heart is offered with fervour; we want to underline this aspect. Your gifts would not be enough to achieve what is being developed each day without this love which supports you and makes you overcome what you are experiencing in your body. When we tell you that love is the driving force of the world, here is an example of it. Behind great achievements – those which in the past influenced civilisations and those which are being developed now – there is a form of love, whatever their beginning, which makes them great and beautiful.

Saturday, February 16, 2013 - 10:00 a.m.*

You gaze at the centre point of the symbol and you join us in spirit. You have internalised this principle. One day it will become more widely understood and used by all our aspirants. It takes a lot of time in this world for that reality to be perceived humanly. This objective will take on its true meaning in the future when another level of consciousness is achieved. We cannot force anything; we propose, and everyone disposes at their convenience. What matters is that all our brothers and sisters be on their way and assimilate as best as possible what we propose to them. In a way such as ours, the psychic centres of the being are refined. They also become stronger through the need to develop within them that which is important in an active spiritual process that is responsive to the call of the Divine. We strive to ensure that the aspirations of all are met. A new era is dawning on the horizon of this evolutionary process. As far as we are concerned, everything will be implemented in a timely manner to meet all spiritual needs. We do not have a magic key. What we propose is not a dream or impossible; we only propose what is important for all those who are eager for a real journey in this area. We remain optimistic in the face of increasing material difficulties; tomorrow's humanity can only grow and open up to a higher reality. These messages are designed to take one further in the method we propose. They provide some elements to aid the abhyasi in understanding phenomena. May all our brothers and sisters grow and free themselves as much as possible from the miasmas of this material world. Blessings to all.

Thursday, February 7, 2013 - 10:00 a.m.

Transmission – this word, so often mentioned in our Mission, is not a hollow one; this very special energy cannot be perceived by all. We settle into hearts in our own manner, as best as possible. We are here in a special context where only love, this unique vibration, can manifest itself in all its might. Birth anniversaries are privileged moments in our Mission when the best can be generated in a fully surrendered heart. Throughout the days, our way offers many opportunities to invest oneself spiritually, and in more than one way. A strong commitment can completely transform the aspirant's life; many have experienced it, and we are pleased to notice it over time. Nothing is achieved without effort; it is necessary in our way as in any other process. Moments of grace are special blessings; they often leave a deep mark in a being, which then motivates him, and for good reason. To some extent, he knows and can evaluate from experience what such blessed moments can generate. Each of our aspirants has a different journey, but the goal is the same; they are all fully aware of it. All are on their way, and they are helped as is appropriate; they should never doubt it. Sometimes events may suggest otherwise, but none of our abhyasis is forgotten; all are followed and equal in our eyes, whatever their role in our Mission. All this is not necessarily perceptible. These subtleties are beyond most of our brothers and sisters, but they can rest assured that all are equally important to us. This is how it is.

Wednesday, February 13, 2013 - 10:00 a.m

You have to enjoy the good aspects of life; they may go unnoticed in a difficult journey. Uniting with the Divine brings serenity; it transforms beings and enables them to better face their hurdles. While incarnations are diverse on the material plane, they are nevertheless based on the same principles – those which correspond to the transformation of beings. In families, some physical similarities are noticeable, but these do not change anything regarding the pattern that is appropriate for the evolution of the incarnate being. All these principles are not easy to understand, but karmic laws are well defined. Only a serious and dedicated commitment can change one's lifeline so as to better reveal its spiritual dimension. These consequent changes justify such a course, as well as the establishment in this world of a spiritual way that is active on all levels. A successful incarnation cannot overlook this aspect of life; it is not the only aspect that contributes to it, but it remains one of the most important ones in a being's spiritual evolution. We watch over all our abhyasis carefully and, with time, we can see happening that which did not seem possible before. God's ways are unfathomable, and sometimes so surprising when complete and unexpected transformations take place in a human being. We have witnessed more than one transformation in our Mission; is it not the main objective here, to provide abhyasis with a means to find their way and thus transform their lives? All are united in this subtle and redeeming energy. May all our brothers and sisters reach the goal – that is the objective to be achieved.

Thursday, April 9, 2015 - 10:00 a.m.

A life is never simple. How many struggles there must be to develop at all levels and to accept oneself, as well as those around us. Nothing is easy, yet facing up to things and taking charge of oneself develops the inner strength required to go to the end of this journey. Incarnations follow one another and are similar in some respects. This reality is still far from being accepted in certain cultures, and that is most unfortunate. A day will come when the whole truth will be known regarding this reality, so important for the understanding of one's own existence. Really knowing oneself in relation to this long series of reincarnations would be revealing of the true personality of each one. It goes far beyond family antecedents, these playing only a small role in this pattern; although they should not be overlooked, they are not decisive. 'Know thyself' is a beautiful axiom, yet reality goes well beyond all assumptions and is determined by each one's inescapable karma. So it is. Blessings to all.

Friday, December 14, 2001 - 10:00 a.m.

To serve here below is to prepare for a richer life ahead where all competencies will be utilised. By starting now, you, yourself, prepare this future. If you thus motivate yourself, you will be given every chance; your existence will then take on another meaning. You are granted many possibilities; relevant opportunities must be seized. Humanity forms a whole that suffers in all possible ways. A spiritual way can benefit from many and varied actions; all that is required is that these actions be aligned with this state of mind that consists of willingness to help one's neighbour. Your life will grow richer with these acts, visible or hidden from the eyes of men, but not from ours. Misery in this world is so great that it is astounding. You cannot see it in all its facets; you could not stand it. Cries that rise towards us cannot be defined humanly. They are specific to this planet. May you become aware of this reality, as much as you possibly can! When man's heart opens up to compassion, it advances in the way of universal and divine love.

Sunday December 28, 2003 - 10:00 AM

The Earth has reached an era of dislocation and transformation, as far as life in this world is concerned. Men of the future will need to make a lot of efforts to picture what life is today, as a great cleanup of its current characteristics will occur. It always was like that since the dawn of time. Since then, the most advanced studies have not brought to light a truth still escaping men as researchers are not open to what they call the irrational. Scientists' 'logic' remains aberrant in many cases, but that is how things are; let us not dwell on that. What we are interested in is beyond form. Only the spiritual development of the beings is to be considered. Their future in that area is the subject of a joint action pertaining to the foreseen divine plans. This planet is coming to a crucial stage where all must change, with regard to men's behaviour; it seems that many of them have lost their minds. Humanity is in danger in many respects. As for most of them, God remains an abstraction, they consider themselves the masters of the world, authorized to put it in danger, at all costs. What is taking place becomes a danger not only to this planet, but also to an overall equilibrium necessary to the universal order. May humans see reason again while there is still time. Let us pray for that.

Sunday, July 7, 2002 - 8:00 a.m Always bear in mind all the good things life has brought to you; see only the positive side. Rejoice for all the graces you have received, including the encounter with your Master, within a strong and high-level spiritual family. Not everyone is privileged in finding their way; many seek it throughout their entire life but to no avail. They are not truly ready and this aspiration remains futile. Life sees to it to prepare them; they necessarily face ordeals, some of which are particularly enlightening for them. Man needs sufferings and tears to grow. Across the board success for him would not develop the innermost aspects of his personality. If he had to live in utmost bliss, he would not wonder about his becoming and the true reason for his stay on this Earth. Difficulties put him back into reality; the need to fight is man's characteristic. He can find his bearings only in efforts and struggles of all sorts, which he must lead. He can earn wisdom by dint of that.

Thursday, March 26, 2015 - 9:30 a.m. Caught up in the bustle of days, the human being advances towards his or her destiny. Each day fills a page in the book of life - eventful, mundane. Everything in it contributes to a person's karma. Karma is decisive, it presupposes a story. How will the story end, there lies the mystery. Surrendering to the Divine brings comfort, to a certain extent; nothing ever goes as planned. These laws are inescapable and cannot be known in advance - they always hold their share of mystery. Love, the kind that illuminates a life and gives it all its appeal, is indefinable. It is cultivated over the course of days, beyond human vicissitudes. What would life be without it! Mystics are unable to envision such a life, so much does love carry all their days. Following the Sahaj Marg path is a real opportunity given to human beings to seize the best of an incarnation. It allows one to better understand why the laws of life are as they are. To have a guide, a spiritual Master, is a rare opportunity; to become aware of it is wise, as this approach saves valuable time. The hierarchy of Masters is attentive to all - no one is forgotten, as some of our aspirants may believe. The impossibility of solving all problems does not indicate a lack of interest or abandonment; we act for the good of all and in the best way for each one, even if this doesn't necessarily meet their expectations. In this is accomplished what is to be. One day, the truth will emerge from all this. An incarnation is quickly passed, then other horizons open up for each one to explore, under our blessings.

Wed, Dec 19, 2001 - 10:00 a.m. You would like to melt into my heart and not exist any more, wouldn't you? So, be in utmost surrender and you will manage it. The mystics speak much about surrender; their efforts are geared towards this state which is made of stages leading to holiness! It is easy to speak about surrender and to say: my God, I surrender to your will. Reality is different; it requires constant commitment, perfect self-control, which not many people achieve. It is a vocation, a powerful divine call, which makes this higher will conquer the blessed soul that subjects itself to it. Aspiring to this experience and reaching this perfection is salutary, since it places the soul under the best conditions of achievement. The way is long, increasingly narrow and difficult for whoever wants to reach the summit. This requires an ably sturdy soul, inured to suffering having swept past persistent desires, and aspiring in the depths of the being to uniting completely with Him who is Unique and All-powerful.

Monday, July 19, 1999 - 10:00 a.m. Don't be worried about your son-in-heart, his path is all mapped out, he is under high protection. He came to Earth with a mission to fulfil and will make his way despite the obstacles that will inevitably stand in his path. There will be two of them to face up to things, which is a strength in life. You know something about that, having been supported in very hard moments of your existence. Two soul mates do not find each other again by accident. It is programmed long in advance, with a precise purpose. Mission or not, each incarnation has its *raison d'être*, with its difficulties of all kinds. Life is the best school to help you progress, provided you accept and are grateful to be able to make such a journey. The wise accept; the less wise are reluctant and they slow down their forward movement. It takes a long time and many twists and turns for a soul to begin to open up to the point of totally exposing its heart to the beneficial rays of love. Be happy with the destiny that is yours. Give thanks for having been chosen to go through this experience; you are deemed worthy of it. In despairing moments, never cease thanking God and your Masters; all that happens to you, good or bad, has its *raison d'être*. They follow you all and carry you in the most difficult moments, without your realizing it, even though you think you are abandoned. Be blessed now and forever.

Friday, Dec22, 2000 - 10:00 AM

It is getting light in your heart; a new life is starting. Forget the past, put down your luggage. Look ahead, the road is cleared. Feel how a perfume of eternity is coming up. Will you seize the opportunity that is given to you to make a big leap forward through time and space? All these remarks may seem strange to you, they resound in you like new sounds. Love him; love us, as you do so well. Let the echoes of that melody rock your soul. Let your song go with it and it comes back to us. Let your spirit rise above this world. Isolate yourself in this white paradise where many accents praise the Creator. See that it is easy to connect to this song. We want to lead you to take the steps that would make you see life with different eyes and strengthen you in the face of adversity. All is only illusion. All is relative. Forge ahead, forget your disappointments, they are only wind-raised waves, an incessant breath of wind, which leaves no trace. We have said it enough: only Love counts, it is worth its place.

Friday, March 26, 1999 - 8:00 a.m.

B: It has taken the arrival of my son for you to achieve this feat. Maintain this good habit; it is an improvement. It is important to start off the day by meditating; uniting oneself with the Divine is the first thing to be done. So, you see, the work continues. You understand the importance of a seminar of such magnitude and its effects when the opening is there. I would actually like your poem to be inserted in the notebook. I already told you, one should not be afraid to show the impulses of one's heart. You did not want to write, nor to prepare a collection of poems: it was a cry of love expressed through these few pearls assembled and preserved in such a tough world.

M: I cannot include that in the messages, Babuji!

B: Remember the small song; can't we, for once, focus on something sentimental? It is up to you to see; speak to your friends. You are a child; we despair of your doubts. When will you change? Only the future will be able to convince you. Be blessed. (Following Babuji's request.)

M: O Babuji, today, I am so sad, far away from you! I would like to be at your feet. In my mind, I am a little nothing, Placed on your heart. Each moment, I live it in you, In your love, your light, And your kindness for me. O Babuji, may you purify me, Carry me like a child, Guide my steps, my life, completely. May you make me love and light only, to serve you, An instrument, a very small one, Only guided by you. It's so good, Beloved father To rest on your heart. I would love to sing your praises, Thus and always, to tell you my love And you would never weary of hearing me. Babuji, make me come to love your son The way I love you, and my heart will be fulfilled. Cannes, January 1992

Saturday, July 7, 2001 - 7:00 a.m. Life is a permanent struggle, each cell in the body lives its own life until this life withdraws - to continue elsewhere - and matter is transformed to enter another vibratory cycle. Spiritual life lies at a different level, completely disconnected from this process. Each life of the physical body is part and parcel of a karmic line. It is an episode with regard to the multitude of incarnations the spiritual entity will have to undergo by way of final examination. You should not feel disturbed by this way of defining life's evolution. To evolve, the spirit must go through all these cycles, which comprise many incarnations in this form on Earth, just to mention these ones. Let us not go any further; everything in its own time. You are trying to do what you came for here below and this is no easy task. This stay on Earth raises many questions in you: who are we, where are we going? Very little information is given to you - and things are better this way - you cannot comprehend everything. The secrets of creation must remain as humans consider them. A time will come when they will reach other levels of consciousness. The veil will be raised and knowledge will be accessible to them

Sunday, April 11, 1999 – 10:00 a.m.

Sahaj Marg can also mean 'the way of the wise ones' – wise enough to come and become wise if they are not sufficiently so. Perhaps one day you will all understand how fortunate you were to have arrived in front of this gate. That is not a matter of chance, your destiny had thus decided. What do you become once past this gate? It all depends on your inner disposition. You know that ours is a path of freedom. We do not impose any constraint on you, apart from the personal work that you do at your convenience. To advance in a spiritual work is not to lock oneself up in fetters. Your sadhana must lead you to a blossoming on all levels. This is important; there is no external pressure. It is you who decide how much, active or not, it suits you to take on. While practising, you must feel happy, for our greatest joy. Don't forget that we, your Masters, are but one. We are three entities, at once distinct and yet forming One at the divine level. This is another aspect of the mergence that is not easy to understand. We are, in some way, a three-headed body; this notion is fundamental. Whatever your receptivity on this subject, advancing is the most important thing. We are only trying to make you all glimpse a certain reality. Imagine yourselves, melted in us, forming but one heart beating to the rhythm of the universe. That's all for today, my child.

Saturday, April 17, 1999 – 8:00 a.m.

B: Suffering is promising. Accept it when it comes. It is the best asset one has. It refines you. It is precious. One should not seek it but consider it as a divine gift. You can see very well that these lines cannot be read by everyone. Yet this is what suffering is! Thank God that you are privileged to have been chosen. Your heart has softened; your soul has opened up to beauty. A happy life in the world would not have given you this result. We love hearts avid for the Absolute. Grace inhabits them and carries them. Love us, my child, and say it; we are not weary of hearing it. This leitmotiv which resonates in you moves us.

M: I would like to be able to repeat it to you, my God, until my dying breath.

B: Walk on the enchanted shore, look to the sky, call us from the depths of your being. We are there for you and for those who are thirsting. Advance, advance towards the light, with our blessings.

Sunday, January 9, 2005 – 10:00 a.m.

May your heart, like the lotus that enchants your gaze, open you more and more to the divine light and to love, its privileged food. Let it be carried by this wave which now submerges it, making it vibrate with joy and gratitude. Look towards your Master, my child, and love him, infinitely. This kind of love knows no limit; it loses itself in the infinite, returning to the source in an eternal vibratory movement. It revives fervent hearts; it propels them into a different dimension, marking them for eternity. Loving that way is a grace; see how your Master can love and especially how he does not fear to say it. In this harsh world, where true values are scorned, this refuge remains within the reach of beautiful souls that have decided to devote themselves to this quest for the Immutable Beauty, for transcendence and the Ineffable. Words, these are only words, but their resonance in a sensitive heart finds a powerful echo capable of motivating it even more; thus it is given a choice place. Savour these moments; they are rare in their intensity. May they, like the trumpets of Jericho, make the walls of ignorance collapse and may they carry their music throughout the five continents, where in a distant future our Mission will expand according to the divine plans – hence the symbol of the five-pointed star intended to unite hearts in a great redeeming movement. May all be blessed and strengthened to that end.

Sunday, May 12, 2002 - 10:00 a.m.

Why do you think we glorify love, that which does not change? Because it does not belong to this world and it is unequalled here. The only reliable thing man possesses is this reference, this reality, which he cannot sense and assess at its true worth, hence his helplessness in many circumstances. Life on this Earth is not reassuring. Nothing is acquired; anything can be lost in one moment: a dear one, a tangible property. Everything changes and is transformed according to the times. He belongs to this system and he complies with it himself, insofar as he is changeable in his feelings and his attachments. There is only one permanent feature in his life: the love he receives from his Creator – irrespective of whether he is aware of it or not. The love he can give Him back is itself changeable, according to his mood and the way in which his life evolves. Sometimes, dramas divert him completely from this divine source. He does not accept the tests, those which touch him in his deepest being. They also have their opposite, the capacity to kindle in him a feeling of gratitude that clears the way to divine love.

Sat, June 19, 1999 – 10:00 a.m. B: In the years to come, some very big countries will discover the benefits of Sahaj Marg. It is such a simple and effective method of spiritual training. It is not easy for you people to assess your progress, some feel it and others don't. They do not know where they stand and that worries them.

M: Babuji, you said to me one day, "the objective is not to feel, but to be".

B: Yes, it is true. The inner being has its own mysteries, which are not necessarily perceptible in the way you would wish to perceive them. If you observe yourselves well, the heartfelt feeling is different, the inner joy is sometimes perceptible. What happens during meditations and sittings is sometimes very strong; these moments speak for themselves. If your progress is not measurable the way you would like it to be, do not doubt; you are advancing! Keep this truth in mind. Listen more to the inner Master. Be more closely united with him, he will inform you. Otherwise the whispers of your inner self will remain inaudible if you let yourselves be dominated by your senses. Seize each moment of peace to withdraw yourselves inside and thus obtain, with some practice, the information you wish to have. Your spiritual heart will not remain deaf to your requests. You do not really submit enough requests to it, this is the reason for what some consider a lack of results. They are discouraged, believing that they are not making progress.

Wednesday, June 9, 1999 – 8:00 a.m Your wish is coming true, he whom you have 'cocooned' for so long will take flight. Don't be sad, he will not forget you. He has heart, this boy, and he will still need you. Being a preceptor is not an easy role; it requires a certain abnegation if one wants to do the job well. Above all, one must not let one's ego swell and consider oneself as the Master, an attitude that has gotten some of them lost. Serving the Mission does not confer any superiority. There is a sage in this man; we think he will be able to do what we expect of him, in all humility. We are happy, like you, my daughter, to see a good element come and join us. The messages have made him understand the spirit of Sahaj Marg and prepared him by touching his heart. We have our eye on his companion too. Let the situation evolve. Continue to receive us as much as you can; see the impact of these writings on the privileged ones who have access to them. This should encourage you, who are doubt personified. You have a short memory, thinking you are forgotten; come back to what happened yesterday and the graces you received, you and your companions. So, relive these moments without leaving out a single detail. You are privileged.

Tuesday, March 3, 2009 – 10:00 a.m. B: The 9:00 p.m. prayer is disregarded by many abhyasis in our Mission. It is important and should not be neglected in this way. It is a rallying point, a point of union among hearts on a vibratory level, which creates a favourable egregore, that is to say, a subtle bond among practising abhyasis. This ritual is not to be neglected. Is this too much to ask? It would be wise for all to become aware of this. A few moments of interiorisation and convergence of thought can only serve our Mission – all our brothers and sisters who have decided to follow their divine Master. May the wise ones remember it for the good of all. SE: 4:00 p.m. The busiest ones are not the least fervent; they are not the ones who fail to comply with the requirements of our Mission. Only the heart's commitment is crucial. We wish all to become aware of the importance of this prayer; it requires very little time, but its intensity is decisive and produces the best effects. It is up to all to follow their hearts, for their own good.

Saturday, June 19, 1999 – 8:00 a.m. You are a sincere and faithful daughter, your love is selfless. Such is not the case for all those who follow the Master assiduously. Some always hope for favours or recognition, which flatter their egos. There is everything in this world, and everything is needed; that is what prevents monotony in the human species. If you had the possibility of closely observing the other living species, you would find the same. You would be surprised by what occurs – it is sometimes amazing – not only among animals, but also in the vegetable and mineral kingdoms, in other forms of manifestation. So, it is not specific to humans. Are they more sincere, those who follow the Master relentlessly and are ready to do anything to see him? Not necessarily. They sometimes sacrifice a lot for it, and they are full of tricks, a strength that pushes them to act like that. It is necessary to let these various ways of acting be expressed. Others stand at a distance and love in silence, without exteriorization of any kind. They are touching in their fervour and their humility. All of you express yourselves in your own way. We who see hearts, into the depths of hearts, we often discover pure wonders in very reserved beings. There is no such thing as monotony among humans; the diversity of personalities is quite astounding sometimes. The Creator of all things populated this Earth as he saw fit; it is up to us to adapt.

Thursday, August 5, 1999 – 10:00 a.m.

We will try to continue in the same vein. How can we not come back time and again to the same topic – your evolution? You all entered Sahaj Marg to follow a spiritual way. Some may have come to see and test, which is normal. If they have stayed, it means that they like the formula and have understood the true objectives of this process. Results cannot be obtained without work, without constantly renewed efforts. It is about really knowing what you want, and then choosing the speed and pace that seem most appropriate for what you expect of this way. No path is easy. In Sahaj Marg, like elsewhere, if you want to advance, you should really go ahead and put your heart into your work. It is about the heart precisely, this much-cited organ: a person is kind-hearted, another is really heartless, another has a heavy heart, et cetera. The heart referred to herein is the vibratory heart; we will call it that to differentiate it from the physical organ. The spiritual heart, which has its own life, has nothing to do with the heartbeats that keep you alive. This divine heart conceals treasures, doors to be opened progressively as you advance – points, as we call them. It is the guardian of the inner temple, it is necessary to show one's credentials to enter it. This temple is imposing; without a good guide, you could be lost inside it. Don't be afraid, all these colourful comments are meant only to sensitize you to your work, to open up prospects for you that motivate you to advance. Your quest will succeed only with, on your part, a true will to act. We follow your efforts and we bless you.

Thursday, October 21, 1999 – 8:00 a.m. How can you still question yourself about the reality of our contacts? With regard to my son, there are obstacles to overcome – this is normal, his entourage protects him. Don't worry about that and don't react so adamantly. Let it be, and carry on. These messages will reach their addressee one way or another. The 'mission' requires a little subtlety, that's all. It is true that we are in a special area. Communication with the beyond is no ordinary phenomenon, even at a time when distances no longer matter, when people surf the Internet and messages make light of space and time by flying from one continent to another via the Web. Our way of exchanging is less impersonal, but unknown to Net surfers. These are the disproportions and contradictions of this time. We really wish that a convenient means would be found for the messages concerning him to reach him discreetly.

Friday, October 13, 2000 – 10:00 a.m.

Our way acquires a new status that will enable it, to a certain extent, to balance the negative powers that rage all over the world. This century will be a long transitional period. A balance should arise and the hatred between peoples calm down. An important cleaning work is necessary to mitigate customs of those who are the fiercest towards harming and destroying what doesn't resemble them. Only love can soothe the resulting injuries. It is heart-rending to see that the same events occur periodically. Learn to master your thoughts so that they emit vibrations of peace and love. It is your only resort in this dilemma, where old hatreds are maintained in these countries close to yours, which risk destabilizing peace in Europe. Work to your best with means at your disposal; you are our peace soldiers. You have our blessings.

Saturday, May 14, 2016 – 10:00 a.m.

The path of Sahaj Marg traces its way through the time and space reserved for it. This Mission will take on an unusual expansion, through the work it accomplishes in hearts. This work acts with great finesse, beyond human comprehension, since it is located at the vibratory level where our action occurs. How to really define it, to live it – intensely, if possible, is the best way to benefit from it. A pioneer in the genre in some way, the deepening of its benefits will be based on visible and significant results in such an approach. Here, it is not about rituals or prayers, although they can be recommended; the work that is being done is at a very subtle level and is rich in effects for the abhyasi. The Alliance of Masters consolidates the present and prepares the future; full of resources, this Mission will defy time and space, one might say, since its action is being felt beyond this world, where our brothers and sisters who have left it manifest regularly. Here, the union of hearts is real and it creates a remarkable movement, strengthening what exists here below. It is said that unity is strength, this is not new. Our abhyasis emerge, so to speak, from this material world, reaching out to us where the union of hearts is not futile and produces concrete results. Nothing is ever simple, but here the results are well worth the effort. We repeat it to you tirelessly, we do not give sensational stories as some of our aspirants would like. What needs to be done is done and the results are worth it. So it is, may all be blessed.

Wednesday, June 9, 1999 – 10:00 a.m.

B: Everything comes at the appointed time, often when you don't expect it. You knew what we were preparing for this privileged son-in- heart. Here, to begin with, and then abroad, he will have the opportunity to get trained. He will find the full significance of his work when his country is liberated. There is no magic wand to settle this distressing affair forgotten by the rest of the world. Interests come first in this money-oriented society. Other nations, too, struggle in similar situations, without outside help. As for his motherland, it will still take a lot of patience for her to find peace. Then, a new life will be organized. He will know what to do, he will be guided and will have the opportunity to show what he is capable of in different areas. Everything, in this country, will have to be rebuilt. According to your wish, you remain in the background, my daughter, but never doubt the help you bring to the others, even in difficult situations.

M: Today I am in a state of great sadness, Babuji. I would love to physically join in some festivities with the people I love.

B: Let joy flood your heart, accept this life that is imposed on you. Maybe we will find a way to make it less painful for you. Keep smiling, for the love of us.

Friday, June 11, 1999 – 8:00 a.m. On the spiritual level you have every reason to rejoice; we are very satisfied. Don't be affected by those who leave the Mission for trivial reasons. They can't tolerate groups; can they tolerate themselves? They remain focused on insignificant quarrels. Discord exists in any human group, even spiritual ones. These beings are fragile; they do not have the strength to go beyond these schoolyard squabbles. The time has not come for them, they are not ready as yet to advance against all odds. Perhaps time will inure them to this kind of confrontation, which is necessary to any evolution. Humans are like that. Their gregarious instinct compels them to live in society; they cannot be fulfilled otherwise. They fear loneliness on the one hand, and on the other hand they cannot stand each other as individuals – what contradictions! Never mind all these aspects of the human personality; that cannot be changed. Those who are ready do not dwell on what they consider as mere details. They regret certain behaviours and continue on their way. Can't you all endure some small inconveniences to get to the essential? Accept this unpleasant way of reacting in some of your brothers and sisters. See their good sides as well as your strong and very fraternal contacts with them in certain circumstances. Each one expresses, one day or the other, their negative sides, which must diminish, if not disappear. The work of cleaning done in the Mission also serves that purpose: to help you let go and get rid of all the hindrances to your advancement. This is expressed in various ways, often by uncontrolled reactions. Move forward without minding the others. Look ahead without being affected by the petty aspects of life that are of no importance. Sort yourselves out; there is a lot to do, keep heart.

Sat, June 12, 1999 – 8:00 a.m. M: Babuji, my heart is full of love and gratitude for all that you are doing for me. I do not express it enough, forgive me. Don't you know that we read into the depths of hearts and that words, utterances, are superfluous, especially between us who are in osmosis? My son is happy; he is building the Mission with ardour. Doors are opening, as well as interesting prospects for its expansion. Love carries him; the confidence we have placed in him is surpassing our expectations. He is the great organizer: he sees, he plans, he organizes – he is prodigious. We love people of this calibre; on the human level, he is a born leader. This dimension was necessary for him to build what currently exists and to prepare the future. As regards Montpellier, let time do its work; it is not forgotten, as you tend to believe. My son knows what he is doing; when the time comes, he will act. He cannot be everywhere at once, be confident. You can all be thankful to have such a Master; it is your good fortune, in this incarnation, to meet him. He is a great figure. He has all the qualities required to give you the best, on all levels. See him as a builder, where he excels, and in all the sublime light of his being.

Saturday, June 12, 1999 – 10:00 a.m. Take a breath, my child; you are spoiled today, that is our secret. Delight in the divine nectar. Through your channel we have found a rare pearl, and we offer you one in turn. Be joyful for all the magnificent things that are happening in the Mission; here, we are rejoicing. Our blessings are spread all over the Earth. You benefit greatly, all of you who put your trust in us. We are one big spiritual family where all goods are shared. Within this family, there are various functions and responsibilities, but all are equal, you must know this. We are not in a hierarchical system like that on Earth. We consider all of you in the same way. Whatever your role, you have the same importance in our eyes. In this well-organized structure, each one has their place, neither more nor less. Never think that you are forgotten and that you don't have our appreciation for the place you hold. Being a sincere associate, doing your work with heart and as best you can, is of utmost importance for us. Each element, without distinction, contributes to the building of the 'work'. Be assured of this truth which we have just stated.

Saturday, March 28, 2015 – 10:00 a.m. This incarnation was a true blessing. Once I was chosen by the Hierarchy of Masters, they took me to the highest level, and my action has not ceased on this extraordinary spiritual path. It continues in a different manner but nonetheless remains a priority in the register granted to me here. We also accompany our dear Kamlesh, who has our total support to fulfil such a special charge. He is integrating into his role brilliantly, and we are all happy about it. We expect a lot from him simply because he has the stature to take on the task adequately. Having reached a pivotal point in its history, the way of Sahaj Marg must expand to fully meet a demand that was planned a long time ago. Thus goes evolution in this world, where everything conforms to the divine laws in the register that interests us here. Everything is implemented to the extent possible, to meet the expectations of sincere hearts yearning for guidance, for a practice that is non-demanding – just what is needed for the best to be accomplished. The egregore of this Mission is growing, it is establishing itself in a space reserved for it, and all is well thus. Motivating our aspirants, enlightening them on this dark path of materiality, remains our principal action, even if it is done in the shadows, where the best of the being is achieved and will remain established over time, for the good of our dear aspirants. To all of them, our special blessings for their perseverance in following us. Parthasarathi

Saturday, April 24, 1999 – 8:00 a.m. My child, you have kept a little joy in your heart, it is well. We cannot change anything in our Earthly course. We should rejoice about the good aspects in it. In one week from now, spangles of light will dance in the sky. I wish you could see them with the eyes of your heart and feel them vibrating in you. There is so much horror on the Earth; when a spiritual event of this scale occurs, one has every reason to be happy. Our brothers have well understood the importance of it and have prepared themselves as best they could. For the next centenary, the face of the world will have changed, but that does not concern you, it is a distant future. In the meantime, many upheavals will occur, but the Immutable one, the Eternal, will not be affected. These are mere incidents in the order of the universe: 'Live, die, this order will not be modified.' You should consider yourself as being a negligible dot in this great set up.

Tuesday, December 18, 2012 – 10:00 a.m. The time of liberation will come, that of peace and elevation of the human race, but it is not for tomorrow. Much remains to be done; the world is too focused on high-tech wizardry. These technologies destabilise ways of life in many respects even if they provide an easiness that has rarely been achieved on Earth in this area. Other worlds are more sophisticated and exceed by far the methods used here. Only the power of the Spirit is creative and no other method can match it; in addition, it is non-polluting and does not destabilise human energy – [such destabilisation] is the scourge of modern times. Few people realise this and feel concerned about the damage caused here and elsewhere. Only a massive cataclysm will bring this world back to non-destructive methods. Some civilisations have already paid a high price for such exploits whereby the sensitive nature of humans was constantly strained. Many people of this time may not understand these comments. We are not old-fashioned; we can see perfectly how far this 'progress' can go and the situation is alarming. The resulting impacts in this area go well beyond this world as they also affect other types of life in addition to those on Earth. Only the raging elements will bring humans to reason. The laws of life are inescapable; they do not conform to the systems developed by humans at the expense of a necessary balance. This movement is in the making and difficult to stop; we can only observe and help in our own manner. That is the way it goes; may all our brothers and sisters move forward with faith and ardour.

Sunday, May 27, 2001 - 10:00 a.m. In response to your daily prayer: you are serving us faithfully. What more could you do under the circumstances of your current life? We are trying, in these days more difficult than usual, to infuse some poetry into these writings and to hearten you. We care for you – is this not normal? We are not as distant from this world as you think. We feel concerned by your ordeals, but what can we do concretely, except to make your living conditions easier, alleviating your sorrows and your sufferings, either physical or moral. Your karma must be settled and you must see the process through. Ours was not easy on this Earth; we were spared nothing. We know all of the human reactions; you are not isolated cases. The human mind is difficult to foresee; we can perceive it in its least impulses. Divest yourself of the useless, do not slow down your progress; succeeding is your challenge. Always plunge deeper in yourself to conquer the unutterable, the impalpable, the Divine. In this highly sacred place resides the culmination of the achievement of your efforts.

Sunday, December 16, 2012 – 10:00 a.m. A heart totally offered calls ours; thus is created the magic chain, one in which the victorious 'spirit' unites beings in a vibration of love. This love is indescribable by humans; it transforms the aspirant at the subtlest level and lifts him up where he was not expecting to be lifted. Everything is done in the background, far from reasoning, where an unparalleled space is won over. Our method is not spectacular; our vibratory framework is one whose strongest effects cannot be perceived by humans. Humans are being refined – isn't this the main thing? It is so nice to see a soul rising and reaching a level which, by itself, it cannot evaluate. All humans aspire to what is best; one should really want it from the outset and settle into a state of surrender and of a powerful inner call. There are various degrees in this journey; love begets love, it is in the order of things. Attaining a satisfactory level of consciousness is a huge benefit; it justifies the journey with all its underlying commitment. What remains from a lifetime, apart from that wealth of the heart protected from the material world? Hearts that are pure and determined to move forward at all costs hold a unique power: victorious love. Their future will be haloed with an energy conducive to following their chosen path, so that they will reach the goal; we are helping them. That is the way it goes.

Wednesday, May 30, 2001 - 10:00 a.m Don't fear to keep your heart wide open. The world needs love. You know it, my child. What better and what more can you do, now that you know how much this energy can change the world? You have confirmations of this too: these vibrations form a wire-mesh surrounding the Earth. Nothing is lost, believe me; the heart's impulses represent a force in this world. May they spread in you as well as in each one of you. Maintain thoughts of love; cultivate them in your heart, as you would do for very rare and invaluable plants. They cannot die in this world. They gather and form a powerful égrémore. Become aware of this power of yours. In this aspect also, future times will prove the soundness of our comments. It will be used in a precise way and in proportions that you cannot imagine, since its action is boundless. By itself, this force can transform the world and achieve a revolution, in the best sense of the word. We repeat ourselves: the world is moving towards new times, you will have to adapt. We are preparing you through these messages. Our way is helping you greatly in this respect; you partake of this spirit. Be confident and blessed.

Thursday, June 21, 2001 - 10:00 a.m. As we have just said: total surrender to the Master is the most important aspect of any true spiritual process. The living Master has a predominant influence on the progress of the candidate. Resistance is sometimes tough, only time and the abhyasi's obstinacy to continue his work can manage to overcome it. Another stage of sadhana can start, more profitable and determinable. Many of our brothers think they are in this state of mind, yet it is only superficial. Their hearts remain impregnable bastions, as they are entrenched in old concepts limiting their progress. Only time and Master's patience can overcome this situation. When finally the candidate has become aware of the limitations created by himself, he can take off. The Golden Fleece of spirituality is earned through a brave struggle. It is up to you to make good choices and to advance on this luminous road, under the enlightened eye of your Divine Master.

Monday, January 14, 2013 - 10:00 a.m. Today's humanity is like that, you cannot change it. Human beings are suffering from the many turbulences that affect their balance; this situation is not going to improve. They are not the only ones concerned; everything that lives on this Earth also suffers from distressing disturbances that keep worsening. Nothing, at the human level, can stop this devastating torrent. We do not mention these scourges without good reason; it's time for the world to react before it is too late. We will not dwell further on this. It is difficult for us to address such matters, but how can we remain insensitive to this alarming situation! The refuge of faith, of a love that transcends the pervading negativity, remains a valid motivation. It helps to more deeply interiorise oneself when nothing more can be done to change things. A true spiritual approach allows one to have a different view of all kinds of events that are likely to destabilise the common run of people. An approach like ours is a great help for beings truly committed to this redeeming process. This world is as it is; we cannot change it, as our action lies elsewhere. While we are saddened by the current situation, we cannot do anything. Things are different on the spiritual plane, which enables humans to overcome matter and move towards what is necessary for their elevation. Thus, rewarding opportunities unfold before the abhyasis, allowing them to progress against all odds. We support them in this. Didn't one of your philosophers say that spirituality would save the world!

Thursday, September 20, 2007 - 10:00 a.m.

When the time of liberation has come, the beings prepared for this great upheaval will move on to another dimension of consciousness. Our way contributes to it with a simple and effective method that allows - through regular practice - to operate at the vibratory level of the subtle being. Its apparent simplicity does not take away from its effectiveness. Many people understand it and act accordingly. May all our aspirants become aware of it and may they not neglect what we are proposing to them and which is perfectly suited to this new era of planned evolution.

Tuesday, January 15, 2013 - 10:00 a.m. Regain serenity. Why change good habits? Hasn't the system been working effectively for a long time! What matters is the impact created by these messages. More than ever, they are fitting into the practice of our brothers and sisters. This last series, as you call it, is valuable and highly appreciated by beings who are sensitive to their content. We cannot force anything; each one reacts in their own manner and assimilates our comments as appropriate for them. Time will lend them their credentials; they will remain the reference for most of our abhyasis. The living Master also contributes, in spirit, to the content of these messages, and he humanly takes inspiration from them. All this subtlety can confuse our brothers and sisters, but 'the world of the Spirit' would hold many surprises for them if it were within their reach. That is not the main thing. Their life here below is multifaceted, and they have enough to deal with. Yes, our comments are simple. We are not into philosophical dissertations here; we have no such pretensions. Such are our comments; nonetheless they touch many hearts who refer to this reading only through their innermost feelings. There lies our objective: to ensure an advancement in the understanding of our method for all beings who are willing to follow us on this path of simplicity – one that can feed their hearts and is away from intellectual concepts. It's up to each one to value, or not, what we offer them. That is how it goes.

Sat, August 11, 2001 - 8:00 a.m. Your prayers are answered when they are meant to serve your evolution. A fervent prayer is always heard, even if the result is not translated in the form you wish. God's ways are unfathomable; they are not adapted to men's desires – restricted to themselves too much and often for childish and superficial motives. Sending thoughts of love without any specific formulation is more rewarding for every one among you. They make their way, transported by the appropriate vibratory wave, without any limitation. Become this: a burning prayer and a song of love intended for humanity, appealing to universality and its Creator, its supreme guide. This vocation – indeed this is what it is – will place you in the wake of the angels, who also vibrate with love, compassion and tolerance. We ask you to elevate yourself by trying to touch the right chord inside yourself, you who are fed with our messages, who assimilate them with the passing of time and who can – if you manage to get the substantive food out of it – testify to the benefits of this divine alchemy.

Thursday, January 17, 2013 - 10:00 a.m. You should go beyond human reactions; don't you know that whatever you may do, they are inevitable, for good or ill? You should consider only the best side of any being – the soul in all its beauty, that which fervently awaits, and hopes for, our help. Such a call is always heard, and we act accordingly in our own manner. What is being done in our way is subtle. All is simple and has been pared down in the practice, and there are no rituals with great dramatic effects. The work is done differently, on other levels of consciousness, and the results are achieved, irrespective of whether they can be assessed by the abhyasi. A surrendered heart attracts grace; a subtle energy emanates from it and catches our attention. Thus, Sahaj Marg attracts beautiful and great souls; they feel through their practice the unusual effects of our actions at all levels. It is all connected and generates the best results. Many of our brothers and sisters live beautiful spiritual experiences that leave a positive mark on their journey. Developing love inwardly is the best achievement; it attracts our love. How can we remain indifferent to the most beautiful thing that can emanate from a human being? This asset is most valuable; it is the distinctive characteristic of our fervent aspirants. 'Blessed are the pure in heart, they shall see the light' – these comments are not futile. They defy time; nothing changes as far as their meaning is concerned. May all be enlightened and strengthened in their quest for the Divine.

Thursday, June 28, 2001 - 10:00 a.m. Your small voice of a child, as you call it, can touch hearts. Fine words are not the most convincing; we are more easily moved by sincere accents. All is so simple, why do men always want to complicate everything? What is more moving than a disciple's love for his Master and vice-versa? This concept should never escape your attention; it can earn you much forgiveness. It may seem outdated to you in this world where human reactions are disconcerting, based on materialism and intellectual views, as well as the prevailing trends of thought – conformist and narrow. Try to remain yourselves, released from all this jumble of things. Let your true nature emerge; it has no use for these ridiculous fashions, which categorise individuals in absurd classifications. Though gregarious instinct urges you to live in society, try to keep your true personality without undergoing the harmful effects of this community moulded in stupid egotistic effects. Be wary of fashions, of men's imagination, of their mental states, sometimes crazy, that can lead to the worst excesses. See to it that, in all circumstances, you remain united with the divinity residing in you. It cannot mislead you.

Friday, January 18, 2013 - 10:00 a.m. There is always something to say; repetitions are necessary. Don't they constitute, in themselves, a large part of your occupations? In the practice, they are an essential aspect; each day leads the aspirant to repeat the same ritual, yet he does not complain about it. Experience shows him the result of these acts repeated day after day; he strengthens his body with appropriate food and his spirit through his daily practice. The call of the heart is important and decisive for real progress; both aspects of this spiritual process bring about the desired results. Nothing is useless in this area. Meditation punctuates each day; cleaning is important, and it should not be overlooked either. This is in the order of things; repetitions confirm one's commitment day by day. Asserting oneself in the practice – isn't this the targeted objective? It is beautiful and delightful to witness the advancement of beings; their steadfast faithfulness towards us gradually leads them to what, one day, will become their Incomparable peace. We insist, but why not do so? The stakes are too important for us not to revert continually to this issue. Lost time is never found again. Save for some exceptions, and by divine grace, a particular context can facilitate special situations. You may say that all this seems unclear, but the divine laws reserve for themselves advantages that transcend human understanding. May all our aspirants realise the importance of their commitment; it is decisive for the rest of their journey. This is how it is.

Wednesday, January 23, 2013 - 10:00 a.m. You keep this love intact inside yourself, as well as an eagerness to serve us that has not waned over the years. Against all odds, you continue to maintain that uncommon readiness to listen, which we appreciate. One day, our abhyasis will truly understand the importance of these messages; they will need them more and more in the face of life's challenges. A spiritual dimension is a very special refuge for humans. Advancing through a process like ours strengthens them, not only in this incarnation, but also for the rest of their journey beyond this world. A process of this kind opens up on Infinity and is a great help, saving a lot of time. Reading a message like this one is more than reading – it is about uniting with the heart of the Masters while letting oneself be carried by a special vibration that is capable of stimulating the psychic centres. The short time devoted to this reading bears fruit. It is not easy for all our brothers and sisters to understand these mechanisms in a society where the senses are constantly alert and focused on the multiple episodes of current life. The wise understand the need to devote time to their practice; it is very valuable, although it cannot be easily assessed. Blessed are our abhyasis. A day will come when they will understand how productive their journey is. We wish the best to all in every respect.

Sunday, April 13, 2003 - 10:00 AM The hearts of my beloved children are in mine. They feel comfortable in it: they are free to love and progress towards the light which men's eyes cannot see. To hear their songs of love is rapture which even angels do not get tired of. Far from the darkness of the world an Eden exists where divine life manifests itself as it likes. This love emanating from Earthmen, in the form of a melodious chorus of praise, can only move our hearts. Here, love is fusion; we share it and feel moved by it, since it comes from our blessed children. Yes, it is good for us also to receive love. Is there anything better that we can expect from a human heart? Complaints and requests are so many; they particularly pour in during trying times. The heart of your Master is so large, my child. It feeds on the special love we give him and which he redistributes. Your small voice mixes with his and reaches us as a melodious song. You are loved and chosen for this concert of a special kind. We sometimes happen to be listening, and we shower you with grace and love, as one would do for wise children, having a special place in our joint hearts.

Sunday, January 20, 2013 - 10:00 a.m.

Think of the beautiful progress we have made with these messages; they are currently winning over hearts and this is not nearly finished. The words are not insignificant; all of them are charged in some manner, and there lies the most important thing. This is, and will remain, to be considered. Nothing happens without reason in our Mission. Abhyasis must bear in mind this aspect of things. With regard to spirituality, many decisions may surprise, and so may some texts. Our aspirants must go beyond and try to understand what we are trying to tell them. Truly interiorising oneself may shed new light on events that punctuate the life of our Mission. It is expanding in the world and bringing about changes in the habits of many people. Challenging oneself – isn't it what is called for in a process like this? Humans must constantly adapt themselves in the course of their lives; in every respect, none of their lives is immutable. The many episodes of a life on this Earth constitute a decisive contribution to the evolution of a being. Making the most of the multiple experiences granted to them is an important aspect of things which our aspirants must also consider, in order to grow and take advantage of what is offered by an incarnation with the various events that characterise it. Positive and negative sides complement each other for the good of everyone; an absolutely perfect life would not be uplifting in our sense of the word. We try to draw the attention of our brothers and sisters to many things. Nothing is simple here below, and humans are complicated. Everyone is faced with karmic laws and must manage the egotistic part of their natures. May all our aspirants do their level best. We cannot solve everything for them; the spiritual aspect remains our top priority. May our love always carry them. Whatever happens, they will never be forgotten. Blessings to all.

Thursday, February 14, 2013 - 10:00 a.m.

Together we have come a long way; this will remain an important axis in our Mission for all those who follow it and understand the profound meaning of our comments. The incarnate Master is doing the needful for that, and he is using different means to ensure that these comments are integrated into our system. Happy are sensitive hearts that are surrendered to his power; they accept his comments and actions as being highly inspired. How can someone claim to love one's Master and not respect his choices? This is unfortunate. Many hearts are calling for these writings; they are open-minded and have enough sensitivity to benefit from them – there lies the goal of our action. Nothing in our Mission is done without reason. Some of our decisions may seem surprising, but a high level spiritual Master like yours is constantly inspired by the alliance of Masters who are attentive to his person and to the Mission that is so dear to him. The future of the Mission is secured in this world; its action will be decisive in many respects in the future, when humans will particularly need the refuge of faith and a way capable of uplifting them spiritually. Isn't this the true purpose of an incarnation? Reaching a higher level of consciousness is a major asset in the long journey of a soul who is committed and carried towards the ultimate goal, for which each of the abhyasis who trust us are longing. We are attentive to their paths and their personal thirst for the Divine; they will not be disappointed. All receive according to their call. This is how it goes.

Saturday, May 3, 2003 - 10:00 AM

Post-seminar periods are conducive to assessments for our brothers who are assiduous in their practice and convinced of their good choice, with regard to the way they are following. Each celebration is a milestone in their progress and makes them generally stronger, without them even realizing it. The heart likes to revitalize itself, to be surrounded by the prevailing forces and to relish the manna, which necessarily feeds it generously. The soul delights in these moments of union and harmony when all beings are like brothers. It would be so beautiful a pacified humanity, centred on the same values and advancing in the same spirit of surrender and love, having the same goal of fusion with the Ultimate. Humanity is trying to find itself; its vision of the goal to be attained is not coherent. Too many negative aspects are masking reality from them. It is in the making, many good elements are leading their fellow ones on more or less circuitous ways, but which aim at reaching the summit of this sacred mountain, symbolically representing the attainment of the top. The soul only aspires to rising; it suffers from its condition, as it is constrained in its momentum and restricted to what it is being offered until it is liberated. When a researcher has reached our way, they are reassured; here, they are offered the opportunity to find fulfilment in the noblest way, thus achieving their paramount goal. A soul can be picked like a rare and invaluable flower, in its more beautiful blooming.

Saturday, April 12, 2003 - 9:30 AM

Don't lose heart, my daughter, come and recharge your batteries through this contact by plunging into a beneficial wave for your heart. Exile weighs heavily on my son, and he is not the only one who would like to leave this world. But he must be satisfied with what he is provided with, and must regard his Earthly experience as a grace. Yours is at the same time painful and rich: it gives you a very much varied palette which allows you to compensate for what you are lacking, by way of wonderful and not very common experiences. Who can really lead a successful life in all respects and yet be happy with the results obtained? Negative and positive results are to be regarded as fulfilling tests. The development of spiritual life leads to comprehending all these phenomena and accepting unpleasant situations. Acquired wisdom provides a more lucid way of looking at events occurring throughout the days, as well as objectivity in the assessment of their importance. Spiritual practice remains the incomparable remedy for progressing in acceptance. It cannot give all keys, nor can it solve all problems of the material life, but can only open persons to the true realities of the being that are beyond this transitory experience on Earth. Involvement in mystical life opens broad horizons, and makes it possible to put material worries into perspective by always going further in this search for the Absolute.

Tuesday, April 15, 2003 - 9:30 AM Through these few lines, even if they are not directly addressed to him, my son can feel in his heart the effects of our love. We are connected on another level through this daily contact. By reading these lines, he can perceive the expression of our spirit surrounding him in many ways. We want to show him how much we are present by his side in his heavy task as the head of this Mission. It goes on its way, in the tribulations of this agitated world, which is not very conducive to spiritual practice. This need is nevertheless being felt more and more in the hearts in the search of an ideal that they cannot find in daily life. We are not a miracle solution to all their problems, but only a way that offers them access to another world, where possibilities are infinite provided that they are willing to discover them patiently. Man wants everything to speed up; this is the law of this world where results, profitability and effectiveness are the catchwords. These remarks are not directed at our brothers. Those who follow us trust us and do not ask us for a detailed assessment. They follow us in a very different universe where they learn how to be interiorized, how to understand the critical truths, without which they would feel their incarnation in this world to be without the least interest.

Thurs, May 1, 2003 - 10:00 AM Each one of our brothers having taken part in this celebration has benefited from it. Our remarks concerning the future of the Mission are part of a vision of the future, which will happen in due time. It is true that our way will not be always isolated as it looks like today. In times to come, it will be established as a big unifying movement. Spiritual life will be organized, as habits will be changed. Tomorrow's man will not resemble any more today's one. Living conditions will be different, in keeping with climates and essentially suited to his then mentality as well as to a completely different life framework, which will be centred on higher values. Our way will serve as a model; its rules will be widely appreciated. As the human being would have become more lucid and less impressionable, he will be able to make choices according to his deepest aspirations, thus departing from his current sheep-like spirit. Some countries are constant examples in terms of manipulating people to satisfy their will for power. This situation has always existed; tomorrow another spirit will prevail, which will be based on a broader understanding of what men populating this Earth are.

Sunday, October 24, 1999 - 8:00 a.m.

M: Heart of the heart, open up so that my Beloved can enter. Yet you know that only your call makes him come. Forget the rest and be totally his.

B: Yes, my child, it is very true - meditating with unimportant things on one's mind does not favour a quick contact, but you know the secret. Let the doors open wide, we will go through them. Do you want us to analyse the principle once again? It is the vacuum in the heart that lets grace in. By calming one's thoughts, a true 'heart-to-heart' can be established. We can settle in and do our work. We are happy to see how fruitful these contacts are, and to what point of easiness we have arrived despite your difficulties. You have so much to endure physically, and when we see you happy in spite of everything, your joy wins us over and we also become joyful. You say that our love is the sun of your life; for us too, you are a kind of luminous star, playing its part on Earth, and which we will come and fetch when the time arrives.

Fri, April 18, 2003 - 10:00 AM My dear daughter, Your heart is entirely turned to your Master and he can definitively count on your unreserved love for him, which necessarily delights my heart. My thought is henceforth flowing from one to the other very easily. Love is a unique channel that defies barriers, whatever their nature. Advanced technology, which prevails in this world, is far from competing with our means of communication, which regarding our contacts could be still refined. In this domain, there are very many possibilities, which are far from being exploited. The power of the spirit, at some levels, is boundless and it would astound human beings whose vision is very limited. We cannot for the time being unveil the truth that is concealed behind an opaque curtain. We are using means that only open spirits can admit. We cannot now go further. We must adapt to this time and to its possibilities of comprehension, and be satisfied with what is achieved in our Sahaj Marg Mission, whose work has started to bear very beautiful fruits. It takes time for a system like this one to be acknowledged, and especially for its overall results to be seen. My son can be as pleased as we are, who have a very broad view of the egregore^[4] which is being built. Souls attract each other and are assembled to form a pure gem which is worth surrounding in the jewel case it deserves. ^[4]An egregore is a kind of group mind which is created when people consciously come together for a common purpose. Therefore it has the characteristic of having an effectiveness greater than the mere sum of its individual members. It can also refer to the psychic and astral entity of a group.

Thursday, December 16, 1999 - 8:00 a.m. Few human beings know the true meaning of love and really experience it. It is not a momentary blaze, a very common human feeling easily utilised which goes, comes, is given, is taken back, and fluctuates with the passing days. That one is ersatz and has nothing to do with the reality of love resulting from the Divine. It is great, deep, inalterable, and truly boundless; it is lost in infinity, in light, in beauty and it is only as one with all that. You can only imagine it. Be eager to live it, to feel it very deeply in you. It is a sublime state; your sadhana will lead you to its golden banks one day and you will understand that it cannot be a human concept, even if you come near to it and your heart is already ready to receive it like a divine monarch. The more you advance, the more you feel its effects; the latter subjugate you and attract you to it. One day, you will irremediably succumb to its delights.

Friday, June 13, 2003 - 10:00 AM Whatever the bumps in the way, move forward and keep looking toward this captivating light on the horizon. The long march upon which humanity has embarked on is tough. Their footsteps sound heavily, and they are growing and become deafening. A cry can be heard, which we cannot ignore, since distress is much greater among men than it may appear. Souls are suffering. A great number strongly feel the call of the Divine and seek a saviour, hopelessly. This emptiness creates a deep malaise, which man cannot really identify, as he is seeking in vain in this world that which he cannot find therein. Some of them run away from themselves; they cling to vain hopes or fake paradises that leave them more helpless than children and in a manifest distress. This planet throws us into dismay: such suffering requires a remedy. The Mission egregore is expanding; it plays its role, which will keep on growing. Only spirituality and nothing else will be able to save the world. It is ultimate salvation: it is in the nature of things. Will man finally understand that this recourse is the only way out? Let us strive toward the widening of consciousness, so that in this century, an ideal of highly spiritualized life capable of changing men, could emerge.

Thursday, May 15, 2003 - 10:00 AM We would like to insistently say to our brothers how very short time is, and that they should not neglect what for them is essential. Many understand it and act accordingly, which we note with joy. They do not lose sight of the importance of their practice and all that is related to it. We see them progressing, and time is making changes in their hearts, which in turn carry those of their brothers. Each one of our abhyasis plays his role within our Mission. A good element does not remain isolated. In his own way, he contributes to marking the way which, one day, will be followed by the multitude of those who will be searching for their way. This aspiration will grow in the hearts and our abhyasis must be examples. For this reason, it is wise not to lose sight of the image our Mission can give in the world. It must contribute to offering to man of today and of tomorrow, a new hope for a better life beyond the current one, as well as demonstrating the need for acting in this direction, while it is time—i.e., as of now. The golden age is not Utopian. It will mark the advent of a real search for God, far from all related misconceptions that have been kept up for such a long time. This process is very simple: the work to be done in the hearts is a kind of code of honour, a way of life regulated according to the targeted goal, which is obtained only through perseverance, faith in both a method given by divine grace, and the Master chosen to represent it on Earth.

Fri, Oct 22, 1999 - 10:00 a.m. Abhyasis must be vigilant and not add to the basic teaching - a very simple one - a code approaching that of the religion we have just mentioned. In the future, this vigilance will be particularly necessary. People have a tendency to always want to distort the truth. If we draw your attention to a certain attitude to observe for your own good, on no account do we want to make you feel guilty. That goes against our work; by creating in yourselves this kind of samskara, you put a brake on your advancement. You must yourselves put things in perspective concerning this or that behaviour. You are your own judge. Except for the Master himself, it is not in the remit of any preceptor, or of anyone else in the Mission, to reproach you. In the case of a very serious personal attack, one should not be afraid to refer it to the Master, rather than letting latent situations set in, leading to no good for the group. It's up to you all to try always, and in all circumstances, to maintain the middle ground. With our help, you should see things clearly and do your best.

Saturday, March 4, 2000 - 10:00 a.m. Let your joy remain in spite of everything! The treasure is inside you; nothing or nobody can take it away from you. You can sing love in every way possible, this melody keeps delighting us. Human love is our comfort; bringing you to this state makes us happy. When all incarnate beings bathe in this harmonious vibration, we will have achieved our purpose. We also have our own dreams, which are not utopian. We work towards this sublime achievement. That is not for tomorrow, but time does not matter. This kind of love cannot be assessed, one can only live it; it is a divine gift.

Thursday, May 30, 2002 - 10:00 AM Some great spiritual Masters of the past taught, every day of their life, by renewing their speeches, which were appreciated by disciples. Guided by divine inspiration, they did not weary those who listened to them. Who can these days, spend their life at the feet of their Master? This image belongs to another time, and is a dream to some of our abhyasis. They would like to be in a similar situation and hear the good words emanating from their divine guide. Accounts of this kind generated in hearts that were ready to take that initiative, the desire for finding the way which corresponded to them. The oral tradition is disappearing; reading remains a means of following a teaching, at one's pace and according to one's needs. We think that these messages will help. If used chronologically, they can place the candidates in a situation similar to that which we have just mentioned. They will not have the effective presence of their Master, but this daily teaching, followed ritually, will end up giving them the feeling of being with him. Strongly united with his person, through the mind and the heart, they will feel his presence and the resulting benefits. The day when they will have the pleasure of being with him, really, their joy will only be as big.

Sunday, October 26, 2003 - 10:00 AM A high level of education, or even of intelligence, does not necessarily make our brother abhyasis highly advanced beings. This level should not in any way prevent them from progressing spiritually by leaving aside misconceptions that they have been amply living on until now. The simplicity of heart will enable them to advance on the real ways of knowledge, which is out of reach of the highest universities, however famous they are. First of all, humility must grow in them enabling them to realize that they ignore important concepts. The majority has to discover everything about the 'after-life,' the possible means to communicate with genuine mediums, the reality of parallel worlds—the existence of which science, imbued with alleged superiority, laughs at. Crushing evidence will have to be given to them so that they admit all these principles. In the darkness of ignorance where they are, unless they themselves had some gifts or light on the issue, how could they admit phenomena whose existence they deny? Poor are they, in the perception of a reality they want to ignore! Like blind men, they advance in the night. It would be time, at least for our aspirants, to get over this stage and to open to a true knowledge, by making the effort to get rid of a priori [beliefs] on these questions; it is all the good we wish them.

Sunday, May 4, 2003 - 10:00 AM Yes, my child, the new era will be well characterized by love, by Divine love, sublimated, transforming the world by its unparalleled vibration. Sahaj Marg, the natural way, is the bridge between two worlds. At the dawn of the third millennium, the new era that is in the making will be characterized by the emergence of true values that will develop in accordance with its typical vibratory level. Making reference to a known teaching—which is one of many, but this one is more familiar to you—let us take the example of the Old and New Testaments each of which marked in their own way the evolution of the understanding of human beings. The first one recommends the lex talionis, with its formula: eye for eye. The second one reveals by proposing to them the concepts of love and tolerance. Development of love in the hearts will be the advent of the new age. In their chronology, sacred texts showed an evolution on this point, which continues with our teaching and beyond, with particular emphasis on this aspect in the sadhana. The challenge is: love investing the hearts. It is very important and does not seem attainable in the present state of affairs, but so it is. Nothing is impossible to God. Past teachings showed an evolution, which will continue through those given in our way. Thus, a long tradition is perpetuated in keeping with the spirit of time. Masters succeeding one another within our Mission will also have to answer a call growing in the hearts of followers who will completely rely on them.

Fri, Sept 24, 1999 - 10:00 a.m. There lies the secret – detachment from life's events. Interiorization can really take place only when you all are able to separate yourselves completely from your surroundings, whenever you wish. One's mind must let itself be disciplined, like a restive horse under the expert hand of the rider. You must be able to close the door to the world when you see fit, and generally not let yourselves be affected when you are in the movement of life. It's all about observing your reactions, your behaviours – a work you must carry out – and even if you fall sometimes, never lose heart in the face of difficulty. You will all derive from it extremely tasty fruit and you won't regret your efforts – try!

Monday, September 3, 2007

M: Babuji, you are my light on this Earth, a light that does not dwindle. It floods my heart and is refreshing and pure, giving it the strength to serve you as much as it can.

B: Being the instrument of the Divine requires utmost availability. This is what you have been living over all these years and which has led to a wealth of messages. Their subtle essence is making its way into hearts, very favourably. Pages are turned one by one – so is a life story. What matters is to conclude with a sense of accomplishment. Serving, completely surrendered, requires a certain nobility of soul. This is how it goes for the people involved in this long saga, whose related writings enrich the spiritual capital of our Mission. In this matter, you did not try to expose yourself. Your sense of humility has elegantly served our cause. Be blessed, my dear daughter."

Friday, June 6, 2003 - 10:00 AM We have already gone a long way together through these regular contacts, which now are extended to my son, since these messages are delivered to him every day. Our system is well set up and the current technology further supports this achievement. Let us continue for some little time, if you so wish. It does not seem, for the time being, that your circle is wearied. Man needs to be fed with repetitions; we therefore proceed accordingly with a view to making all of our candidates benefit from them one day. Many human beings have perceptions that are not recognized, and that moreover do not develop because of the prevailing state of mind. The current system of education does not foster the recognition of gifts that seem disturbing. Here again, spirits will have to change and should not neglect these kinds of possibilities. Humanity must develop globally, we should say, and should no longer ignore the countless resources which almost all individuals possess. In the future, channelling will not be restricted to isolated cases, but it will be a reality concerning the aptitudes of all human beings. A great step remains to be taken before this planet reaches a new status whereby beings living thereon will be freed from the veil of ignorance which is concealing the truth.

Tuesday, May 13, 2003 - 9:30 AM It is good for us to see, thanks to this means, that these few lines that we inspire in you reach my son everyday. It is an additional bond that links our hearts and our thought. Thus we can surround this beloved son in many ways. He is confronted with many problems inherent in this world where our Mission is developing, and he is facing up to things in a masterly fashion, one can say! His responsibility is heavy upon him, despite all the help that we try to give him. He belongs to the race of the greats. He is strong and does not let things get him down easily. Even if sometimes he is weighed down by the burden, he always manages to stand up with panache. We admire him and it is not just about encouraging him with nice words. He will be able to understand, through these lines, all that his action actually inspires in us. A chosen son receives all the graces. He deserves it, oh so much! Our generous impetus and profound gratitude surround him, and are worth mentioning when our hearts are overflowing with them. This Mission is heavy to carry. It must be set up so that it may find its marks in many countries with different cultures, as well as a solid base, which will be required by its future scale. In the future it will expand by itself, carried by the faith of our brothers, which also will keep on growing. We are happy, once more, to be able to come back to these topics frequently touched on, but which are very important to us. May the glory of my son constantly grow in this world and in the other.

Wed, Sept13, 2000 - 10:00 a.m. Attainment of the goal requires effort. Going inside oneself, ever more deeply, in an intense way full of love, bears its fruits. The process must be twofold: interiorization (fusion with the divine presence) and openness to the world. It entails being attentive to one's fellow beings, whether close or far from you, considering that all beings on this Earth are brothers and sisters. None of you can neglect this aspect, at the risk of curbing your own evolution. A solitary approach, focused only on oneself, slows down the process. You don't advance alone; the beings that surround you are to be considered in every sense of the word. By helping your brother or sister, you will each help yourselves in the best way. The Masters of the past have insisted on this aspect without being truly followed; this concept is crucial. Review your way of doing things, observe yourselves with rigour and try to draw the beneficial conclusions that will foster your progress. It's all connected; love develops in you, but it must manifest itself around you, generously. Think about it.

Monday, April 28, 2003 - 10:00 AM Be confident in your future, overcome fears that currently overwhelm you. How effective are they? Live each day as being a blessing, a moment of grace, with these contacts which not everybody can have. Moreover, they connect you to the heart of your Master as he receives these messages on a daily basis, according to the wish that was expressed on this issue. Your team is well set up, which we do appreciate. Only see positive aspects of your situation, as you know we are taking care of your heart, my child. You belong to a large family of hearts whose cohesion cannot necessarily be seen at the human level, but it exists and can be believed. Surrender to the Divine and to those who act in His name. You entrusted your destiny to them, in order to progress towards the main objective of your life, i.e., spiritual realization. Is it not the most beautiful vocation? What else is more exciting for a being who understands the real meaning of being incarnated in this world? Human beings need to be reassured; some periods of their life are fraught with specific problems, which they have difficulty coping with. We do not go into the details of the material dimension of this life, which results from an individual karma the broad outline of which cannot be modified. Some of its aspects can be adjusted: God is great, He cannot resist the call of a sincere heart. All our brothers and sisters know it. Each one of them at a given point in time in their life experienced it.

Monday, March 20, 2000 - 10:00 a.m. The power of the spirit is growing in you. It operates the transformations which are essential; you should fully consent to this action and support it. Your soul has been calling for it for a long time; it finds a familiar environment, an environment that it was desperately lacking. The exile will be less painful. The blessed soul, hidden from the face of the world like a jewel in its gangue, finds its true life, its fatherland. Whatever the time you have yet to spend on Earth, the bonds uniting us are unfailing and permanent. Your heart vibrates in the divine light that bathes our world. Be patient, my dear daughter, let us answer your wish of serving us by saying that you are at the right place. Consider yourself as being on a mission far from your country but well united with Him, no matter what happens.

Friday, October 31, 2003 - 10:00 AM In future times, this world will be cleaned and consequently more in phase with the higher plans. Opacity currently prevailing in this world puts up vibratory barriers, which make the exchanges and the manifestation of the spirit possible at a higher level. Actual advances on this Earth will relate to the discovery of the very essence of matter; in the present state of affairs, knowledge cannot progress. As limited by the conventional approach of phenomena governing this world, man cannot really find his position in the reality of creation. He ignores essential concepts; the basic principles developed by men and inculcated in him are far from approaching the truth. A new race of people, characterized by broader perceptions of the truth, will be open to much more advanced areas of knowledge. They are already legion on Earth, these exceptionally gifted precursors of the race that will contribute to destroy this intellectual rigorousness slowing down the evolution of beings in this world. All concepts will have to be re-examined: this new race, open to the very many capabilities of the spirit, will not hide any more behind a primary teaching purportedly infallible and reserved for an elite. All current structures of the various fields of so-called higher education will collapse to give way to a reality that will make the evolution of humanity easier. These new beings will have the right references about the higher worlds guiding them in their progress, and they will be free from any jumble of elements darkening the life of their elders. May the era of enlightenment be established as soon as possible on Earth.

Sunday, October 29, 2000 - 10:00 a.m. It's unusual that we tackle topics of this kind. We care about your wellbeing in general, and the food you all give your physical bodies has an impact on the other bodies. You cannot escape that. That's why we suggest a vegetarian diet rather than a meat-based one. Indians are not inclined towards the latter, partly for economic reasons but also religious ones. Their way of life is specific to the culture of this country. Ancestral customs have been perpetuated to this day; they will evolve in a distant future, after many upheavals that will lead to a change in climate. Peoples' diets are largely correlated with this element. The Earth is moving towards profound transformations, and populations will have to adapt over the course of time. There will be no other way to cope. As we have often said, this planet is subjected to a system of evolution and regression that brings about perpetual change.

Tuesday, August 26, 2003 - 10:00 AM Many of our brothers find this means of communicating with us surprising, but by and large, it will be recognized and appreciated when the moment has come to reveal it. Other spiritual ways, as well as big religious movements (such as the messages from Jesus) always benefited from it. Man must face the facts: all is possible in this area and this aspect is being exploited since very distant days. Where high performing technology is ineffective, capabilities are granted to certain beings, which all humans do not have in the present state of affairs. Man has a lot to learn and discover about his own inner resources. His mind must open up to the [apparently] irrational because of the risk of not developing within his time. A day will come when he will be in such circumstances that he will have to face the facts: Earth is not the only inhabited planet, far from it. Highly advanced civilizations exist elsewhere and find, when necessary, suitable receivers among humans. Having capabilities, which others do not have, they are not recognized by everybody. Minds are opening slowly but irreversibly. The era of changes is taking shape. It operates in the hearts; imperceptibly they will have to open up to a reality, which hitherto has been beyond them. Everything can happen very quickly; when the moment has come it will not be reversed. Our way, with its characteristic openness at all levels, will not remain in the background. On the contrary, it holds its due place and will play its role in due time.

Sunday, October 26, 2003 - 10:00 AM Yes, we must follow the tide of history and get over the current tide of thoughts, by going beyond, as far as our remarks are concerned. We have sufficiently commented on what is perceived today and which is normal, for our brothers. We must get over this stage in these messages kept secret for the time being, and start moving towards other shores of the spirit where few humans venture. It would be time to open their eyes on their small person, lost, insignificant in his role, within the matter where he inevitably returns to as dust. Only then will emerge from that, one of the facets of his true personality involved in this life, just enough to experience what is necessary for his evolution. Concerning our aspirants, their personal experiences in our way should allow them to get over a conventional teaching and to progress from the point of view of the goal along which we wish to take them. They will have to adapt to a new speech, capable of saving their time and preparing them for what must happen here below and beyond this life. They would better to be open-minded and not cling on to ideas and reasoning reassuring them on their present and future existence. Working assiduously best guarantees their satisfactory evolution and an easier adaptation to future times, which will be somewhat disconcerting for non-initiates. We must prepare people for this coming transformation. Our brothers trust us; this aspect has to be taken into consideration. It is better to disturb them as far as their way of looking at things is concerned, instead of just letting them undergo what they were not prepared to live. That is life; it is all movement and change, as per divine laws. Blessings to all.

Tuesday, October 7, 2003 - 10:00 AM It is the notion of service that makes you advance. Remain in this spirit, my child. To serve is to vibrate with a rare energy emanating from the same source, unique and sublime. All holds together, all brings back to God, to His works and laws whose manifestations are countless and always present. It is not possible to dissociate it from the material life, as many human beings want to do. They do not know and they neglect what is crucial in their stay on Earth, whose meaning escapes them. To love and to serve, in the greatest surrender, without expecting anything in return but living inspiring moments, is a self-sufficient blessing. Love nourishes and makes grow; it lends wings to the most apprehensive, whose heart it halos with an aura distinguishing him from his likes. Its energy attracts the hearts in research, which feel challenged, without always understanding well where they got this feeling from, this attraction, leading them to question themselves and find out how it can be streamlined, to better retain it. They perceive, in this kind of energy, an intriguing force that they would like to be fed with. Thus a process, which will keep strengthening by opening to luminous prospects, can begin. When the soul wakes up, nothing can slow it down in this rebirth to the divine life; conquered, it will keep progressing, under the divine spotlights.

Monday, March 13, 2000 - 8:00 a.m. Apologising to humanity for the crimes committed is a good thing, but an in-depth reform is necessary. The frame of mind is always the same one; the last declarations of this high-ranking person are evidence of it. It is a force still very powerful in certain areas of the world. In order to rule, they create a kind of psychological terror, with a whole spectrum of sins, prohibitions and ensuing purgatory or hell to settle it all. Fortunately, people's minds are opening up and many Christians understand the weaknesses of this system. Turn the page definitively on all this past which has left very deep marks on you, and look towards the luminous future which awaits you.

Saturday, September 27, 2003 - 10:00 AM

To love means to surrender to divine will, to its great plans of which the human being is a cog in the machine. Some of them hold prime positions, their mission being of the utmost importance, but each one has a place and plays his own role, though tiny it may seem, in this divine set-up where nothing is lost and nothing is created. The vibratory energy animating the worlds, i.e., the entire life, keeps on changing and reproducing images, like kaleidoscopes using some dust of atoms, which [images] are seen on Earth as matter. There all is illusory, only divine energy exists on this planet. It appears in the form that human beings know. Experimental in its achievements, it partakes of the Great Whole, building and destroying its creations in these two universal forms powerful and necessary to a cosmic balance, without which nothing would exist. In this great play, in this constant movement, the smallness of human beings is comparable to the infinitely small looking at it through the microscope of the universe. Man claims to be important, which he is not, but he exists by a higher will, and for this reason he deserves respect, since he has divine life. To love intensely is to maintain in oneself a constructive energy raising the soul towards levels of consciousness where it is integrated in divinely inspired actions, carried by the great universal creative movement.

Saturday, October 11, 2003 - 10:00 AM May the time soon come for the liberation of men, advancing on the painful way on which they are advancing. Our action is only geared toward that. We need no indoctrination, no domination, in the world where our action takes place. Our way has only one goal: to help men in their progress, by making them become aware of the main things which do not exist here below in the gross joys adapted to this world. It is not easy for a human being to distance himself from all that is proposed to him. A true spiritual process is critical in the matter as it allows one to sufficiently stand back to put things in perspective. Regular practice helps one to consider life from a different perspective, put things into perspective, and to stand aloof from some gross situations, from which one's way out is dubious. The only recourse—and man's unique recourse—is God. He often comes to this conclusion when everything is bad and seems desperate. Will it be necessary for the extreme situation to occur on Earth, so that he would turn to Him for good? It seems that only that extreme will bring the majority back to this final conclusion. The advent of this divine power is approaching. Man will have to face the facts and to yield to the laws that he has too long ignored. Our spiritual way is one of the means of assistance offered to him. Purified humanity will be able to make the choices that will then prevail, and which from now on are at its disposal.

Sunday, October 8, 2000 - 10:00 a.m. In man, the heart is the great architect. Its most important satellites are the brain and the glands. The brain receives the orders and relays them; we have already mentioned this principle. Many receptors receive these instructions and act accordingly. All these systems run at the speed of light. Fundamental discoveries will be made one day on this aspect. The most up-to-date computer does not measure up to this performance. Nothing can equal creation. The results obtained by IT systems are extraordinary, but they are the fruit of man's intelligence, applied to the development of this hardware. He has created this monster, which will end up devouring him. Its power will become such that there will no more be a place for him in society. At the speed things are going, some IT specialists will be enough to run the factories. The administrative wheels and the economy of the countries will be regulated in the same way. What will the human being, confronted with this gigantic scale, become? The answer will be given in the future centuries.

Wednesday, December 26, 2001 - 8:00 a.m.

M: Babuji, I have not belonged to myself any more for a long time. It is you who decide for me. My heart is yours and it is at your service. I can offer you my humble person only, whose only qualities are the channeling capabilities allowing me to receive you.

B: The only ones, you said – it is up to us to judge. You are diligent in your work and persevering. With these two qualities, it is possible to work in all directions. Without them, our aspirants cannot go very far. They give themselves excuses for not practising: the prefect is not qualified, the abhyasis are like this or like that and are not to their liking. They are not good enough in their eyes, culturally, socially, and goodness knows what. They seek excuses to stay away from a group which would enable them, during the gatherings, to receive what they could not obtain from an isolated practice. Following a spiritual way entails abiding by a certain number of rules. Each one is free to proceed as they see fit, but the cohesion of the group is an important aspect. They should not lose sight of this aspect of the sadhana. The gatherings create the egregore, the force of a movement. Practising regularly at home is necessary, but they should never forget that it is union that makes these driving forces be spread on the Earth.

Wednesday, July 16, 2003 - 10:00 AM In our way, we should not give rise to our aspirants getting distracted, moving away from the issue we are interested in: spirituality. Moving towards the goal requires simplicity as well as the dismissal of what can unnecessarily feed the mind to the detriment of a real spiritual career. It is advisable to remain vigilant on this aspect. Amongst the obstacles in this area there is a kind of curiosity, which creates this wandering, thwarting their work and consequently ours. Our brothers, who are truly motivated, must move away from anything that may obstruct their progress. They live in a troubled world where their senses are constantly on the alert. Their balance is consequently affected and they search outside in vain for that which is inside. They have not yet understood that interiorization is not synonymous with mindlessness, and that moving away from useless things does not lead to ignorance. They must know what they really want and make the right choices. To date, there is an abundance of all kinds of methods disturbing the minds instead of helping them. The market is bursting with ways that purport to allow introspection, self-analyses through questionable means as far as the balance of the members of these systems is concerned. Our way is very well self-contained and nothing should be added to it, otherwise its effectiveness would be undermined. In our way, there is nothing spectacular, intended to thrill their curiosity. We offer what is good for them, which they should content themselves with, if they had a little bit of wisdom. They should therefore focus their efforts on the practice proposed to them. May all our aspirants be enlightened on this aspect, with our blessings to all and each one.

Saturday, March 18, 2000 - 8:00 a.m. The Earth spins round, so does the wheel of life. You have a short lapse of time to achieve what can be your 'masterpiece'. Do not fritter time away in vain processes; you should take advantage of opportunities granted to you to make a success of your path. Make the right choices, advisedly, by letting your conscience speak. Do not reject what can seem utopian to you; we suggest and you decide. We will not revert to the issue that has shaken you up a little bit over these recent days. We can see that your reaction is proper. Remain in a state of positive thinking and create a line of conduct accordingly for yourself. You know how much you are loved; we want the best for you by giving a new meaning to your life.

Wednesday, May 5, 1999 - 10:00 a.m. Each passing day leads you all towards the goal. All along the way, gather the good things you can find. Fill your luggage with true values and immutable riches. Silver and gold are lost or stolen. Build up reserves that will open the doors to you, they are your major assets and irreplaceable for the beyond. Store up all that is possible, including small nothings, which may seem negligible. All is counted. We would like you to become aware of the illusion that is life. It is only a step – small or big – taken in a given direction. We would like you to perceive the subtlety of the work being done on you. We smooth your wings to allow you to fly better. We strengthen them so you can soar. These comments are metaphorical, but perhaps they do not come through. Know that your Masters attend to every need, that each one of you receives what is necessary, and that we comply with the intensity of the request. We do not force the pace, but we give thanks when a soul aspires to rise and we can help it do so. That's all.

Wednesday, October 1, 2003 - 10:00 AM Surrender and trust, these are the greatest powers of a heart that wants to become like the heart of a child. Love can easily develop in it as nothing can hinder the special relationship binding Master's heart with that of the aspirant. In this relationship, one should act out of self-interest, straight and to the point. Here it is a state of non-egotistic reactions. It is not a question of shining near the Master, but one should nurse an unconditional love for him surpassing the human framework. This kind of love is rare. A heart that surrenders completely is outside the conventions governing this world. It goes beyond its limits and it is built at other levels that are indestructible. They reinforce the *égrégoire*^[7] of the Mission, of our way, the purpose of which is only to help humanity in its evolution. It attracts the souls that are strengthened among themselves in this reserved space. What occurs on Earth, in this material world, finds its counterpart, but of a more purified nature, at higher levels of consciousness. What is concealed from men's eyes is very important. Their current condition does not enable them to figure it out. Anyway, divine laws are immutable and do not take account of the laws of men at the current level of their evolution. It is not easy for them to admit this reality, as in addition they have no way of making comparisons. They can trust us and work seriously. For them, time is running out.

Wednesday, October 22, 2003 - 10:00 AM Always call love more and more in your heart. Feed yourself abundantly on its substance. Visualize the world submerged in an ocean of love, sweeping away the many nuisances it is cluttered up with. Love, which cannot be humanly defined, is a rare energy, very subtle, when it comes from the divine source. These concepts of energy and vibrations characterizing life on Earth, are not included in the common language and yet, these are no abstraction. They can be alluded to in our comments, since they are the engines of creation. The mystery of life is far from being elucidated on this planet. Some peoples considered as primitive have a rather right approach to many phenomena, which science, locked up in a disconcerting rigorousness at the dawn of this century, does not want to admit. Time will come when a new light will reveal a reality that it will not be able to deny. It will then need to make a fresh start and to see creation in its true colours. This truth is not likely to please stubborn minds. That does not matter: they will have to follow, because of the risk of getting lost in this world of ignorance, which is so suitable to them. Their convictions will not hold anymore in front of an irrefutable reality. This new era will be full of discoveries and the pioneers who will go into it, with open-mindedness, will make discoveries leaving them astounded. May this time come when life on this Earth will emerge from darkness, leading men to enlightening prospects on a true spirituality offered to valorous hearts.

Thursday, January 20, 2000 - 8:00 a.m Suffering is a common feature in mankind; it is a law governing this world. One way or the other, it happens in the life of a being. It is a mandatory step that does not depend on us; we do not lay down the rules. We, also, have been subjected to them; it is not correct to say that we keep you in this state of suffering. We ask you to accept what is inevitable, to transcend your sufferings and to be in a state of surrender in the face of tests which you have to undergo. On no account do we suggest you to ask for them or to hope to go through sufferings for your evolution. Our teachings do not provide for anything of the sort. None of you can change your destiny to your liking. What is good for you is not necessarily pleasant to go through, but that belongs to the rules concerning man's evolution; thus it has been since the mists of time. Your stay on the Earth is subjected to this system; we cannot change anything about it. We help you in our own way. While advancing, you free yourselves from your chains, which will enable you to escape the cycle of reincarnations. Do not forget that we only want your good

Friday, August 1, 2003 - 10:00 AM The dawn is appearing on the horizon; this world will not eternally remain in darkness. Humanity is at an initial stage of its evolution, contrary to what a majority of individuals think. We underlined this fact on several occasions and it is good that our brothers are convinced of it. There are so many misconceptions here below about human nature, the position of Earth, its purported supremacy over other planets and so many other erroneous notions prevailing as the law, and misleading people. We do not intend here to go into details. We only want to sensitize them to the fact that they are living in a world where the truth about everything, including about themselves, is hidden from them. This truth will be revealed in due time. The most important thing to a human being is to work towards his own evolution and attain levels of consciousness that will let him see life from more real aspects. No one can force him to follow this path. We help him when he feels the need for going into a way like ours where a real work can start and make him progress. What is the point in being intrigued by the secrets of the universe, when his own nature is quite as mysterious to him? As he acquires wisdom he will get to the heart of the matter, and his thoughts will be focused on divine power, which is the basis for everything. As he stands, man is nothing, compared to greatness, yet it is through his connection to the God of his heart that he can find his real place in this world.

Monday, November 22, 1999 - 10:00 a.m. Continue, my child, as long as you can. As you say, these contacts are the sun of your life, and we too would miss them. We have become accustomed to this ritual and being able to express ourselves like this brings us joy. While my son is in Europe, all of you must try your best to interiorize yourselves to better receive and benefit from the fruit of his work. If it isn't possible for you to go and meet him, make sure at least to unite yourselves with him in thought and through the heart. These journeys to come towards you are to be taken as blessings. Make the most of them and be thankful for being able to benefit from them. The future will not always lend itself to these trips. Know how to appreciate them as is proper and become well aware of their importance. Very hard times will come and you will no longer have all the facilities currently available. Do not neglect your sadhana to dedicate yourselves to things of no importance. Each day of your life is precious, do not forget it. Lost time cannot be regained, it flees irretrievably.

Thursday, March 27, 2003 - 10:00 AM The infinitely great and the infinitely small merge; they vibrate from the same divine energy which animates the entire creation. All that lives on this Earth is alike, since they emanate from the same source. Species differ from one another by specific characteristics, but they unify in that they have this common point. In that respect, each of them deserves to be observed. Creation is not completely seen from this perspective, yet this aspect is important. Man is part of this Great Whole in this universal plan, created by a single and divine will, indecipherable to him, whatever his level of intelligence. The day when knowledge will be spread in a more advanced world—more capable of grasping the great mysteries of creation will surely dawn, and the human being will remain amazed by discoveries which would be completely far away from what seems to be an absolute conviction today. Since the beginning of time, man has been moving from discovery to discovery and he believes, at each point in time, that he possesses the truth. Time will come when it will appear to him for good; from that day on he will no longer resemble his ancestor, i.e., as he is today, with fixed convictions. May this advent happen on Earth. It would bring knowledge and a higher level of evolution to beings that will populate it, having acquired a new status. It would support a more enlightening life that fosters their progress towards the divine goal.

Friday, May 14, 1999 - 10:00 a.m. The big concern for my son in the future will be to appoint enough people able to do the work with a healthy state of mind. A person in charge can act in good faith and yet not have a sufficiently broad view of the problems that arise. Failures are inevitable, but the essential is, and will always be, preserved. Therefore, see only the beautiful in everyone and in each of the brothers and sisters you mix with. Look towards the Master and see the Mission in its entirety. Do your practice with heart, without dwelling on annoyances inherent in all human groups. Focus your efforts on your person, this particle which is a part of a larger body as we like to say. And let yourselves be carried away by this redeeming wave that will change the world. Thus all will be well

Saturday, November 8, 2003 - 10:00 AM

To vanish into God, to merge into Him, to be united with Him, that is the apotheosis, the supreme joy to which your hearts aspire. All that you undertake in this spiritual search, which has brought you to us, only aims for that: total and perfect union with the Divine. Our faithful aspirants know it well. They feel this call without really defining it, and yet they are advancing, climbing on the path leading them to the peak of the sacred mountain as mentioned in the esoteric literature. This peak to be reached is within them; their process made them become aware of this fact. The only true richness lies within them; it is enough for them to discover it and honour it as is proper. The spiritual heart is the centre of the being and it is connected to the Source. Approaching it is a slow process and our system is a good means of succeeding in that approach. It is enough to twirl up around the spiral towards this centre, which is the culmination of the process. At that stage, it continues in a different way. It follows different channels of more subtle energy, divinized and defying expression in human language. There is every hope of success if one follows the channel with faith and ardour: to realize well that the main thing takes place there, at the level of this heart. It is the sacred temple already mentioned as follows: where the purest alchemy occurs, until the supreme outcome. Be centred on this blessed place. Make sure that joy remains in it, that it transcends everything and makes you minimize the risks of your lives on Earth. Joy of existing beyond this one, of living to love, to grow stronger in this love, to be thankful and to serve, that is what each one can do in his own way. Think about it. Be blessed in this endeavour.

Sunday, November 9, 2003 - 10:00 AM

Take advantage of the surrounding quietness; it supports your inner listening. You are completely receptive to our voices. One has to work on his availability. Even without having particular gifts, it puts the conscious being in phase with other manifestations of its subtle bodies. Humanity has reached a new era. What will distinguish it from the current times is awareness about the possibilities of the being, beyond this incarnation. Having become receptive, man will be able to tune in to the voices capable of guiding him, and especially informing him on his true nature. He will need, more than ever, a spiritual Master, to progress in this connection with other levels of life. We are confident about the future of our brothers; they are well engaged in this process, even if some do not, as yet, admit the fact that it is possible to communicate with higher entities, which is the case with these messages. Their views will need to be adjusted to this reality and it will be necessary to shake them up so that they are in tune, if they do not want to remain behind. Their current work is shaping them towards this broadmindedness; it will be the characteristic of the new times. They will have to get rid of old beliefs, distorting their approach to realities they will no longer be able to deny. Let us continue to work in all directions, so that the truth is brought to light on this Earth and that it is no longer beset by erroneous principles, keeping it at its current level of evolution. All can change; the human creature must progress in its perceptions of a reality which there will be no longer any doubt about. Enough evidence will be given to it. We are working towards that evolution; it will be the mark of this century, which, as we hope, will be the Age of Enlightenment. May our brothers become enlightened beings, capable of helping their fellow creatures!

Sunday, March 19, 2000 - 10:00 a.m.

When we say one should be able to turn a page of one's life, this is not a mere metaphor. You must truly make your own assessment, with rigour, and then start again on a new basis, without looking back. You cannot change anything in the past, but you can build the future with solid materials that you choose according to your true goals. There comes a moment in the sadhana when it is necessary to make a clean sweep and to know well what you want, so that at the crossroads there is no possible hesitation. If you are really convinced of the importance of your process, it must be given first priority by putting aside anything that does not seem equally important. You must give it its true place according to what has priority in your eyes. Be well aware of this aspect of things.

Friday, January 23, 2004 - 10:00 AM

The mysteries of divine love are infinite; the most refined soul can only enjoy them, without ever understanding its secret. It is about the rarest energy; it is indefinable and manifests itself in all possible ways, and is not necessarily to the liking of every creature. How can one make man understand that ordeals are part and parcel of life? This principle is not easy to accept and yet, it is fundamental. When the moment has come for him to take stock of his incarnation, he will understand and grow stronger in wisdom. It takes a lot to accept with gratitude all that can occur during one's life. Rebellion can prevail temporarily, and lead afterwards to a constructive realization. Faith is the torch lighting the way of one who has it, and whose fervent heart is ready for all fights. He can fall and he picks himself up, trying to analyze the major cause of the event. The great divine principles are beyond human comprehension. How could it be otherwise? Men suffer and bend under the load, which sometimes overpowers them. Moments of peace and joy are rapture for a grateful heart. Our brothers are advancing slowly. They try to benefit from a teaching which they assimilate in their own way, many of them superficially, hence the ceaseless repetitions in our remarks meant to hit their target. One day, all the light will appear in them. May that happen in this life! That is our objective, although we are targeting a higher achievement. May they all be blessed and grow stronger at this prospect.

Tuesday, December 16, 2003 - 8:00 AM (version 1) Life keeps changing, and it is advisable to adapt to situations; which man isn't keen on. He keeps searching, throughout his existence, for a solid anchor in all manifestations of his life, but that isn't feasible. Fundamentally, he seeks a stability that does not resist indefinitely the vagaries of time. We will come back once again to the fact that this equilibrium is acquired through the knowledge of his true nature, which is immutable and in compliance with divine laws, which he can't escape. He believes he is the master of his own life, yet he only obeys orders, subjected to rules completely beyond him. When he opens up to the knowledge of laws governing this world, in relation to and dependent on higher forces, his vision of the things changes, and he complies more readily with the vagaries of his Earthly existence. He becomes aware that it is a formative stage and that each one of his incarnations is, for him, an opportunity of progressing. This being achieved, his true objective can then take shape, within a more general framework centred on his evolution. The light appears in him: he henceforth knows his priorities and he acts accordingly. Even if all his attempts are not crowned with success, he progresses in the right direction. It will be better to accept the blows dealt by fate, by understanding the meaning, which escaped him in the past, and he progresses in his quest, keeping his objective in mind. Wisdom is more or less innate, but until the end, man is put to the test of endurance, making him progress in that way. For the soul having reached this stage, there is every hope of success.

Monday, January 26, 2004 - 10:00 AM

Imperceptibly, the vibrations of the Earth are changing. It enters a new cycle, placing it on a slightly different orbit, in view of the more important transformations that will take place in the future. The observation of these phenomena, as currently made on Earth, cannot grasp them really, since certain fundamental aspects escape the researchers. This fact can seem surprising and yet, scientific knowledge is far away from the truth. It corresponds to the level of evolution of this planet and the moment has not come yet to put men before a reality that they could not admit. Other phenomena must occur, leading them to re-examine their positions on convictions, which they believed to be definitively established. They will have to learn how to revert to humility in the face of phenomena completely beyond their understanding and calling into question an inappropriate teaching. The new era will shake up established convictions on principles the real meaning of which is not observable. The evolution of the whole of humanity will take place in a more general framework relating to the elements, which will generate unprecedented modifications at all levels. The dangerous manipulations carried out by men contribute to disturbing a precarious balance whose impacts will necessarily occur strongly, destroying an entire absurd system of life. Only the divine power is sovereign and can bring back humans to their senses; the means employed will not necessarily be to their liking.

Monday, November 10, 2003 - 10:00 AM If man knew what he was capable of, he would be very much amazed. All this knowledge remains unknown to him; his bases are not solid enough to assume powers, which he is not able to manage properly. Very advanced civilizations were lost lamentably, because they did not exploit very refined perceptions as advised. All will be given again to him when he has reached a sufficient level of evolution to make good use of it. For that, he will have to undergo the ordeal of fire, purifying and liberating him from his bad instincts. It is the status of the whole humanity which must be modified; it will need to be expurgated from the evil maintaining it at the level where it has been stagnating since many centuries without things being changed. Many souls are on their way and aspire to rise, always more. To separate the wheat from the chaff will not be an easy thing. Unspeakable upheavals will have to take place to clean up this world, over a rather long time, allowing the emergence of the chosen race capable of establishing a new world corresponding to the foreseen standards. The prevailing obscurantism cannot last forever. The beginnings of these big changes are being felt, from now on. Many human beings can feel it and are preparing inwardly, through an appropriate approach that can help them. They are looking for the right way, that which is suitable for them and seems to meet their aspirations. This need will keep growing. A new race is in action, open to the truth and in phase with a reality, which will prevail for the multitude that will be able to adapt to new times. May our brothers progress with long strides and adjust themselves to new vibratory currents which are already in action towards a complete regeneration of humanity, by divine will.

Friday, January 30, 2004 - 10:00 AM

Human beings are far from being perfect, and our brothers are a striking illustration of this comment. To follow a spiritual process does not remove the negative aspects of each one of them, as quickly as it would be desirable. Their objective should be to move towards perfection, which cannot be acquired after a few years of Sahaj Marg; that would be too easy! It is therefore necessary to stand by each other, by taking into account the strong points rather than the weak points of our fellow creatures. It is easier to look at the others than to see oneself in all objectivity. Certain faults are rather difficult to bear, coming from a brother or a sister placed (not without reason) on one's way. Life is as a whole, and it is necessary to be satisfied with it, on pain of slowing down one's own evolution. Some have special gifts, others do not have any: each one receives the tools necessary for one's program of life. The world is as a whole and men need one another. It is with humility that they must consider this aspect of things. Uniformity would be disastrous and very monotonous for all. To progress in a spiritual way is a benefit offered to all men. It is only up to them to make efforts. In this matter, they cannot envy their kind, as at the beginning they all have the same opportunity. Each one must take care of oneself. Before God, neither calculation nor pretensions are ever relevant. The greatest objectivity is required, in this field more than in any other one. We accompany our candidates on this long way, sometimes painful and uncertain in terms of the future. Faith, confidence and surrender are essential; once more, we come to this conclusion. Blessed are all these beings, grappling with their own traps. They are advancing towards deliverance. God is Great.

Wed, Jan 19, 2000 - 10:00 a.m. The origin of religions has already been alluded to. This truth has surprised you and will shock many of you, but it is a reality that no reasoning, not even time, will be able to change. Building on these first contacts with beings that came from elsewhere, a law and principles were given. A universal language, which is still being used and so will be until the end of time, remains as evidence, difficult to prove but real, of what was left by these higher beings. Humanity is still benefiting today from lessons that were given at that time. Their descendants, who rose up, mark time with their discoveries, their ideas that made the world evolve. It is a concept difficult to admit, even by open-minded beings, but the evidence of these allegations will be given in the future. Men who will be able to ascertain them will remain astounded. You will not be there any more to be edified, but our assertions are perhaps already enough for you. Your world would not be as it is today without the intervention of these extra-terrestrials a long time ago.

Thursday, January 29, 2004 - 10:00 AM A spiritual teaching is given in small strokes creeping into the heart of our brothers. Sophisticated formulae are needless. They are advancing in simplicity, and we are leading them smoothly towards the goal to be reached. Words are necessary, but a form of very subtle vibration that cannot be perceived concretely accompanies them. We are making progress in this work; it is taking shape little by little, and the future will show its importance and true significance. Nothing is done without reason in this domain. The world of tomorrow, destabilized for many reasons, will need to refer to values exceeding the material framework of their Earthly existence. Men will understand the need to revert to simplicity, in all the manifestations of life, by seeking in it a truth dissimulated too long to researchers. Many will re-examine their operating mode, shall we say. Caught up in the current spiral, they forget the true reasons for their incarnation. They will return to more wisdom out of necessity, realizing that they lost their way, as they were caught in the devastating swirl of modern life. Man is destabilized. In the large cities particularly, he is faced with solitude, a feeling persisting even when he is with his own kind. Neglecting the main thing, he lacks real reference marks most of the time. The current sight of humanity is afflicting. Certain peoples, still preserved, escape these torments. An ancestral wisdom prevails in their social structures, protecting them from the disaster. May a current of salvation sweep through the world and bring it back to reason and spiritual blossoming.

Friday, February 27, 2004 - 10:00 AM Human foolishness is great, and true knowledge is not widespread. It is necessary to carry on regardless of the behaviours of certain individuals, and to advance in one's own convictions while ignoring them: that is true wisdom. It is distressing to see what is happening on the Earth, but in the present state of affairs, what else can be expected? The wise man tries to make his way through this world but it is not easy to make oneself heard. The spirit of present time does not lend itself to it. He must work for it in his own way; willingness is welcome. We have no miracle cures, in the way humans define them; big things being achieved exceed them, and that is good. How could they appreciate what they cannot themselves grasp in the great universal movements? Knowledge, in every respect, is limited in this world. Each one interprets the events according to one's own convictions, having nothing to do with cosmic reality. Our aspirants belong to a category of human beings grabbed by the divine breath and inspired with the prospect of an upliftment of humanity. We can only be delighted for them. They are advancing and becoming aware of certain truths still rejected on the whole by most of the individuals. That is how the world goes, slowly—too slowly for those who aspire to live in an atmosphere of spiritual openness and broadening of conscience. The world, as it stands currently, cannot receive more. The true treasures cannot be distributed without discernment. The era of knowledge is taking shape on the horizon of life on this Earth. It will have to overcome the ruins of current civilizations where common sense is cruelly lacking, and to be rebuilt in a real spirit of peace.

Wednesday, January 28, 2004 - 10:00 AM A soul divested of useless aspects, progressing towards perfection, does not burden itself anymore with superfluous formulas and words. The obviousness leads it and motivates it; the language of the heart is enough for it. It does not any longer burden itself with grand philosophical theories, which, in its view, are utterly useless. This attitude results from a long process. After having wandered in vain, from life to life, moving from one teaching to another, all the light eventually appeared. Love becomes its only food, supported by signs emanating from the Divine and inspired by way of an essential accompaniment to its blossoming. Ultimately, all comes down to the greatest simplicity. The approach to God requires simplicity that is essential to the needs of the soul, given its necessity to commune with itself and to love, above all. The way to that achievement was difficult and very long. So many wanderings, fruitless mistakes, and sufferings before reaching the divine source—that from where it can finally drink! It does not stop praising more and more, but rather it now exults, delighted to be back in its fatherland. Here, no disappointment can occur. It is good to know that such a process culminates in the purest joy. No effort is useless. In this field, all is numbered, scrupulously. What can one hide from the Creator of everything? He is within us. His essence dwells in us and feeds us according to our needs and our aspirations. It is for us to make sure that this food makes our soul divine, at the highest level of the universal conception. May all souls reach this sublime apotheosis!

Wednesday, March 8, 2000 - 10:00 a.m. Let your heart sing, this hymn to love is the most beautiful. The creature praising his Creator, it is the order of universal harmony. What is good for man must be able to be expressed freely. Beyond the ugliness of life, there is this universe of purity, which he can access in his spiritual search while ever seeking the perfect union with the divine presence which dwells in him.

Thursday, January 15, 2004 - 10:00 AM

It is not easy for man to see himself as being infinitely small, compared to the whole of creation. He is only one pulsation of life, an atom of an extreme smallness, an element of a vibratory mass corresponding to the level of the Earth. He is seeking, hopelessly for an explanation to the many phenomena that he cannot grasp, not having the appropriate reference marks. He situates himself with great difficulty, using approximations corresponding to the advances in science, which are not going in the right direction. Finally, these great eternal truths do not impart anything to man. Would his life be made easier if he knew them? Would he lead an incarnation not satisfying him any better? It is not very probable. Having recourse to faith is an invaluable help for one who actually wants to go in depth into this quest. Many ways are offered to him for that. Will he be able to be committed satisfactorily? In due time, he will eventually find his way, and the Master who is destined for him; this aspect is reassuring for him. He is not doomed to wander eternally, without finding a solution to his quest. Consciously or not, he has that aspiration; it belongs to him, to his inner being, made of a subtle and indefinable essence which he cannot detect, as it exists beyond matter. The wisest man cannot understand everything. How could he? This smallness mentioned above, restricts him to his potential, which ranks very low on the scale of values. He is small, and so he remains before God, the creator of everything. It rests with him to work from one incarnation to another, to get worthy of serving Him.

Saturday, January 17, 2004 - 10:00 AM

An unprecedented work will be achieved on Earth, so that it can finally reach a level of consciousness well above the one it has currently. This prospect is to be considered in every respect, including preparation at very subtle levels. Nothing must be neglected for the great divine plans to be fulfilled. This change will take place in view of planetary upheavals exceeding the framework of the Earth, which, in the future, will have to align itself with a different vibratory approach. All evolves and changes in the universe where the notion of time does not exist; but strict rules, escaping men's control, harmonize and balance the movements necessary to the cohesion of a whole, whose complexity is well above human understanding. All assumptions made by man concerning the new era, which is very much spoken about, do not stand up to analysis for lack of enlightened arguments. The important thing, for him, does not lie there. The only thing to be considered is his own progress. He cannot get involved in the effects subsequent to cycles exceeding the limits of his own existence. Infinitely small within the framework of these structures, he endures without any other recourse than faith, and his determination to progress at all costs. What could he do? The greatest discoveries in the eyes of men are mere wisps of straw, without any importance in the great divine play. All will be swept away, at the appropriate time. May all our brothers progress in the way of wisdom, by considering ours as a means of achieving that.

Friday, March 10, 2000 - 8:30 a.m. You serve us; it would be time for you to become really aware of that. It is not about a material and quantifiable work; we are beyond these concepts. You are so much afraid to have misconceptions that you do not realise actual facts. You are a channel for us with multiple functions: the one you perform every day in relation to these messages, but there are others, which you cannot really identify. Never mind; let the work be done that is being done inside you – and which you are not aware of. You let us act as we please and we so do. You are a relay; we need incarnate beings completely available and offered to the divine action. Do not change my child; remain surrendered and grateful for the graces you receive.

Friday, December 5, 2003 - 10:00 AM

The way is open to all; it is enough to get into it with fervour. Each day requires an effort on oneself. Nice principles fly and are sometimes shattered in the face of difficult situations. Self-control is acquired little by little, and in spite of that, vigilance is essential; human nature reasserts itself easily. Perfection cannot be obtained with the snapping of one's fingers. It requires a long work in surrender to divine laws. Moments of peace, intense communion and inward harmony are invaluable; the heart drinks it in with delight. To maintain this state remains the objective of the aspirant. He works in this direction and each victory reinvigorates him. Efforts should remain constant; the result is worth it. We support our brothers and sisters in their progress, as also their Master on Earth and the forces protecting the Mission beyond this world. It is about a joint work; nothing is useless and— especially—nothing is lost. All that is done with a view of the good finding an echo elsewhere, in subtle layers, non-tangible to human beings that believe they are confined in their Earthly role. What they do goes well beyond, into vibratory spheres where their deeds are recorded. They will be surprised one day when reviewing the film of their life; some of them will want to turn a deaf ear and to look the other way. They should consider this aspect of the things when they act without proper judgment by neglecting the subtle essence of any human being. Confrontation with others is all part of the game; it is through trying moments that the various aspects of human nature appear. All become incarnate to work towards their evolution. Time should not be wasted. May they be convinced of that.

Thursday, November 13, 2003 - 10:00 AM

To accept oneself, to accept one's life, with all unpleasant things included in it, is a sign of wisdom. Each day, each hour of life, is an opportunity of progressing in self-construction and in the possibility of uniting more and more with the Divine. This positive attitude is fulfilling in many respects: it allows one to obtain the best things. Compared to eternity, this incarnation is a short-lived one, we have already said it enough, no time should be wasted and our aspirants have understood it. Our faithful advance in a satisfactory way, particularly the most assiduous ones. Many of them sought their way before coming to us. They made experiments but they lacked the flash, a sign coming from the heart that would have made them understand that they had found the Master intended for them. Nothing happens without reason. What man calls coincidence or chance does not exist; they were guided, as is proper for their greatest good. This pivotal moment in their Earthly existence was very important concerning their connection to the Divine. A genuine process takes on its full meaning under the guidance of a high level Master blessed with all the capacities and accredited for his high mission. The aspirant does not realize how lucky he is, and often he does not take advantage of the opportunity given to him. Years spent in our Mission open doors to all our brothers; it is up to them to act as is appropriate. Each one has his own luck in this world to choose the right direction; only profound motivation is the determining factor. The destiny of humanity is under way; our way goes in this direction, and it did not take off in vain. At all stages of its evolution, this world was bestowed with guides, who were great servants of God, capable of making it reach a new stage. The upcoming one will be decisive for it.

Thurs, Sept 14, 2000 – 10:00 a.m. Pure hearts understand instinctively. They don't need a long speech to feel the truth of our remarks. Free of superfluous intellectualism, they are given the ability to grasp what is hidden behind the words. This reading, done with the heart, is not accessible to all; it is the prerogative of souls matured in the fiery glow of love. These messages will not be perceived in the same way by all readers. Insignificant to some, disturbing to some, for others they will be able to strike a chord, helping them in their evolution. Each one will find what they need, even if the positive aspect of this reading is not felt immediately. Read and reread them if need be, until their hidden meaning appears to you in all its truth. We quote people, it's essential. We address human beings who are concerned with what we have to say. We cannot abstract them from this canvas woven for them. Everything has its *raison d'être*; to remain in this abstraction would detract from the whole. We know what we are doing, it's up to you to understand it.

Sat, Dec 13, 2003 - 10:00 AM It is good, for all our brothers to become aware of the timelessness of their lives. They are just passing by on this Earth, on a segment of a long journey, which they will continue elsewhere. They are not immortal, contrary to the behaviours they often adopt, as if all their life came down to this incarnation. Many know it and yet they continue to attach importance to facts that are unworthy of it, by virtue of lack of hindsight. It is not easy to do it in any event; a long work of interiorization is necessary to obtain this result. Detachment in the heart from this modern life, harmful in many respects, cannot be easily attained. The spiritual practice remains the safety belt and provides delectable joys, renewable altogether. Nothing is fictitious in this process: these values not being distorted at the outset. Amid the hustle and bustle of the world remains an unassailable Eden capable of helping the being to be reshaped in this life and well beyond. The echoes of his current process can influence his subtle bodies, which he is connected with permanently. This aspect of things should not be neglected. Nothing is insignificant or meaningless. Everything has its *raison d'être*. Man cannot really define himself; his incarnation here below does not allow it. He must nevertheless become aware of the responsibility for his deeds. Life is as a whole connecting him with the immutable beauty. He still has to go a long way to refine himself and consequently to be worthy of approaching it. We invite our brothers to meditate on this divine aspect of life.

Wednesday, December 17, 2003 - 10:00 AM Each day of life is an opportunity given to man to build himself humanly and especially spiritually. We have said this enough, but how many of them are focused on this requirement? One cannot make up for lost time; most of our brothers are aware of that and apply themselves actively in their process, driven by a powerful inner appeal. The opportunity to progress is provided to them with the best means possible. How much time do they devote to their practice? Will they persevere throughout their existence? They are free to act, our way is not sectarian, and it does not impose. It suggests regularity in one's practice, and a sufficient personal commitment, to obtain the best results. This aspect is to be considered: each one is possessed of free will, and is not judged, lectured to, or made to feel guilty. Our goal goes well beyond such principles, prevailing elsewhere, unfortunately. The fear of a human authority does not come within our remit. The abhyasi is before himself, his conscience and God. He trusts in his Master, his guide here below, who opens up the way for him and lights his quest, offering him a teaching and a considerable spiritual support. Our aspirants cannot appreciate the true value of his work, but they have some feeling of an important help transforming their spiritual life. By responding to this work with an unfailing perseverance, they make their way towards the redeeming light. We are also helping towards that. All are blessed.

Wednesday, March 3, 2004 - 10:00 A Being incarnate on this Earth, it is appropriate to take part in the movement of life, in all its manifestations. This activity is necessary; steering clear of it has no beneficial effect on the construction of the being. Life in this world is an educational and decisive test, in most cases. Our most fervent aspirants are, in their life, active and determined to do what is required, to make a success of it in every respect. On no account could we request them to withdraw from society, such is not our purpose. Achieving one's spiritual fulfilment within the framework of a normal human existence is all the more a praiseworthy fact, and we encourage it. The experience of daily life with its difficulties, its joys and its sorrows, constantly offers the means of growing. We have good reasons to recommend this kind of existence: we knew it and experienced it. Over all the past centuries and up to now, this planet has been a place of experiment and orientation of the souls-to-be. Another cycle is in the offing. It will relate to a different mode of existence, capable of fostering an expression of life more spiritually enlightening. The features will differ and the selection will be straightforward, as far as the results are concerned. The man of the future will feel more concerned with his evolution and will be mature in the sense that, contrary to what he does today, he will not neglect what he will consider as the main things. Times change, these cycles on the Earth are very long, but they always end up coming to an end. Another side of the evolution of humanity is dawning on the horizon. We are working in that direction. Tomorrow will be decisive, by the grace of God."

Sunday, June 17, 2001 - 10:00 a.m. Have you made a great discovery by noticing the behaviour of your fellow creatures? Do not expect anything of others; you will not be disappointed. Apart from food, there are other great moments, which you can share: is this not the main thing? Enjoy these moments, with no regrets – which are not altogether constructive. The important thing is elsewhere; you have understood it for a long time. Focus on what you have yet to achieve: you have a goal to reach and your line of action is all mapped out. It is up to you to see to it that these many messages, which constitute an invaluable legacy, can take off. Spare yourself; in spite of all your goodwill, there is nothing more you can do. Keep your strengths for the main thing. We know, we who are not fooled by appearances, that you cannot do more. Convey all our blessings to your dear visitors.

Friday, June 25, 2004 - 10:00 AM God is in each being. The heart is His temple, His sacred abode, and He deserves to be recognized as such. Let this presence grow in you, and take up the whole place; one never gives too much place to it. Your efforts in this world condition your future life; this aspect should not be ignored. Our brothers understood it; they are developing spiritually within our Mission. Little by little, while advancing on the way, they become aware of their limitations, which motivate them to persevere in their process. Everything has to be earned; nothing can be given without efforts. We can see our faithful abhyasis being strengthened in their faith and their trust in the living Master. They recognize him; it is for them a privilege to benefit from his work on the Earth. They can approach him, he is not an icon before which they come and pray. Concretely, they can communicate with him and benefit from his teaching. Masters who preceded him inspire him and he relays the divine word, for the good of our Mission. All benefit from his action, whether they are present or not by his side, it embraces all of our abhyasis whose hearts are open to his benefits. Let us repeat it again: no one is forgotten. The divine laws are not restricted by distances, or by differences between the beings. Everyone is equal in the eyes of God and in the heart of the Master.

Wed, June 30, 2004 - 10:00 AM Messages received additionally constitute, by themselves, a teaching suitable for an elite of souls emerging in these times of the advent of a new era. They will be understood and appreciated, and they will become, in our way, a reference point. People's minds will open up more and more to a reality that is currently exceeding somewhat our brothers. Future times are in the making and we will not be outdone. Souls that become incarnate will, from that perspective, look for a teaching suitable for them in all respects. Those you call Indigo Children will be uncomfortable with these current outdated concepts. They will find a vibratory frame suitable for the subtlety of their ethereal bodies. Many of these beings are already living in this world. They are struggling to integrate the existing systems, which, to them, are devoid of interest most of the time. They have arrived at a turning point in the history of the world and are different; therefore they are often misunderstood, like anything that differs from the multitude. These beings will assemble and unite to re-create an environment that will satisfy them. They will be pacifist, spiritually advanced; they will go to the heart of the matter, naturally, without hesitation, as most of them will have an innate sense of wisdom. The time will come when the number of these beings will grow, to form an elite that will revive humanity and guide the most disadvantaged people. All is written and planned like that. May all be blessed!

Thursday, August 16, 2001 - 8:00 a.m Unless specific events happen, we will not go further into the prophecies. You have some elements sufficient to prepare you for this quite disconcerting future. It is not necessary, as matters stand, to add anything to this. We will see what to do later on. Don't worry about this future; this would change nothing. Be in surrender; whatever happens, your life will not stop with this incarnation, and this must reassure you. You ask me to speak about love; was not everything said on the subject? It is unique in terms of power, and unthinkable by man, who perceives only a minuscule portion of it in his Earthly incarnation. We can adorn it with words, sighs and multicoloured flowers, to touch men's hearts. It inspired the most beautiful poems, sublime pieces of music and soul- uplifting songs. All this constitutes a human approach, which idealises love. God's secrets cannot be revealed so easily. Humanity will have to reach a definitely higher class to have a more precise idea of it. Nevertheless, focus all your attention on this unique power, which, by itself, will be able to save the world.

Thursday, July 1, 2004 - 10:00 AM By enlarging the vision of your life on Earth to what it is in reality, it takes on another meaning. All is justified; the acceptance of what it holds for you is consequently facilitated. The spiritual practice is necessarily more obvious. It strengthens the being as a whole. Our brothers and sisters, as a whole, are making progress in terms of spiritual maturity, thus showing the effectiveness of our way. They feel more concerned, more refined in their understanding. They become aware of the work being carried on in the Mission; it is being structured in many countries, holding little by little its due place. That is how the future is being prepared, intriguing men in many respects. They can only follow the way already mapped out for them, by finding their inner balance through their spiritual process. Isn't it the best means to unify the hearts and the people! The golden age will be perhaps the reflection of a wiser humanity, finally turned towards true values. The higher powers are working to this end: all men are equal before God and must behave as such. All is a matter of adjustment in terms of the vibrations that animate them. This principle is far from being understood on Earth, in the current state of its evolution. These concepts are neither exploited nor admitted as is proper. And yet, man will end up understanding where the key to this enigma is, thus fostering his spiritual elevation. Let us work towards this evolution; time is pressing, humanity is in danger in many respects. What will emerge from this cesspool will be strengthened and enlightened.

Friday, November 5, 1999 - 10:00 a.m. Whatever the title you give to this new collection, it will symbolise the love we have for you all. This series of messages is the fruit of the special relationship we have with our preferred scribe. Those are two good reasons for its existence; certain gifts are given with a precise aim. As far as you are concerned, the purpose of all this was to enable you to fulfill this function by letting us use your channeling abilities. Why would we not use them? What could be more natural, when one possesses them! Is one astonished by the talent of a great virtuoso, be it on the piano, violin or any other instrument? With regard to 'the Uplift', it is personal for all of you. Each one of you will interpret this formula in your own way. It corresponds to the wish of your heart; focus on it, if it is suitable for your evolution. What more can I tell you today? Let each day be special, while similar to all the others. May faith grow in you and strengthen you. Babuji [*The Uplift is the series of messages received from Nov 1, 1999 to Jan 26, 2000.]

Monday, July 5, 2004 - 10:00 AM Beyond the language which is used by men to communicate, there is an infinity of more subtle perceptions that connect the beings between themselves and with the cosmic forces. The range of vibrations animating the universe is beyond the scope of any relevant analysis that could be carried out on Earth. Highly advanced worlds have a certain approach to the phenomenon, without truly mastering it. Creation keeps, and will keep indefinitely, its mystery. How could man, in his extreme smallness, claim to deeply understand the relevant laws? The current civilization has a good opinion of itself; others before it went far beyond in many aspects and then culminated in disaster and oblivion. Endangering the planetary balance is the surest means of heading towards destruction, and all that can create chaos. An alleged progress that leads to such an assumption is fearsome for all. Wisdom is not common to most men, some of whom are blinded by profit and domination over the others. How can this devastating wave be contained when humans currently are not aware of it, as they are caught in the swirl of life? What must be, will be! Will spirituality manage to make the beings wiser and more respectful of this planet? Time is running out. May God enlighten them and make them see reason; we are striving to that. Our blessings are with all and everyone.

Sunday, July 11, 2004 - 10:00 AM God is everything. To be deeply certain of that, allows one to face life in terms of its trying aspects. Joys and sorrows are a blend of what makes life real: the personality of a human being allowing itself to be shaped by them. How does he behave in the face of each situation? Which lesson will he draw from it? Will [these situations] lead him to more wisdom? That is the challenge of his incarnation. Each day of life on this Earth offers an experience; some acquired wisdom allows man to behave better in various situations. Spiritual practice fosters openness and a little glimpse into the events, making it possible to put their importance into perspective. All that can occur on Earth are mere incidents compared to the immutability of the divine reign, of its power, which is beyond man's assessment. Being incarnate, he is small in the face of the elements and the entire creation, but he generally thinks he is important, which he is not. He is wasting an invaluable time by pursuing all kinds of pleasures much more than would be necessary, thus harming his accomplishment. How can one make him understand and become wiser by using a speech to which he is not ready to listen? Time will do its work in everything; his turn also will come. In our way, everything is working with a view of helping him, by showing him the way to follow, so that his progression will no longer slow down. May he follow his Master, with conviction and love!

Saturday, January 22, 2000 - 10:00 a.m Your luck, as compared to the greatest number of individuals populating this Earth, is that you have the certainty, when the time comes, to possibly find again the companion you lost and whom you love so much. You will be able to resume working together – probably on missions – and to relive this special relationship you had in the last years of his existence. This union was successful; your eternal bond of soul enables you to communicate. Do not let yourself be overwhelmed by sadness, my child, even if you miss his presence immensely. He protects you and watches over you as if you were the most precious asset. His love for you has evolved towards a nobler dimension; your two souls vibrate in unison and nothing will be able to separate them beyond the realm of physical tests and cataclysms – which can always happen on Earth. Nothing will break this unfailing bond.

Tuesday, May 25, 1999 – 10:00 a.m. Read again the beautiful texts of Kabir. Let your heart sing as he does, he knows so well how to do it. Rise above the baseness of this world, see only the beautiful. See in each one, beyond appearances, the purpose of their successive incarnations. Think that numerous 'missioned' beings are returning to Earth to help this civilization advance, trying to make it evolve in the right direction, towards greater humanity. Technology is valuable up to a certain point. There comes a moment when it is a source of unhappiness for many people; such is currently the case. The era of robotization, which is developing, will bring nothing good to humans. What will they do in the future? They will be mere witnesses, dumb with fear and dying of hunger. It is necessary to stop this process and, at last, think of all the beings who populate the Earth. What will tomorrow's world be if this devastating advance of science is not halted. Sooner or later, it will produce destructive effects for the planet. There will come a time when in order to survive many will have to revert to ancestral customs. They will have to learn again to live with little, and very simply. Progress does not necessarily bring happiness. Balance, there as elsewhere, is not easy to find. All that is done to the detriment of the being is bad. Evolution and involution are two aspects of the divine laws which have been manifesting since the beginning of time. -Nothing stop this process. Great civilizations of the past have returned to nothing, so will others. This is the way it is, humans will always have to follow this movement and adapt.

Sun, Sept 10, 2000 – 10:00 a.m. You are making progress in the spiral of light. Your subtle bodies are somewhat shaken up, and that weakens you; it is momentary. We want the best for you and we spare you. Do you realize the progress you have made and what we have achieved together with this quantity of messages collected? But you're not amazed by anything, as usual. Like the leaf blown by the wind, you are gliding in a world to which most of your fellow humans don't have access, and it's natural to you. Your life is special; who is really aware of it? You should be more surrounded and cherished, but people often realize too late the real nature of certain beings. Go on your way, my daughter, may your heart not be worried; our love carries you and haloes your tired brow. We will not insist any further today; take rest.

Wednesday, June 12, 2002 - 8:00 a.m.

Look at this gleaming dawn on the horizon; it is only a low intensity ray, but it foreshadows the light of the future, of a distant future, but which will spread across the Earth. Man's molecular constitution will be different, divested of dross that entrench it to the lowest layers. Man's mind will be refined by that; it will rise in the hierarchy of the worlds. Your 'scientists' have yet to make discoveries that will leave them astounded. Not even one thousandth of the universal architecture is accessible to today's knowledge. New leavens are currently established in the human race; these remarks are likely to surprise people; we cannot go any further at the risk of being misunderstood and considered as insane. Despite all appearances that are not very encouraging about the human race as it stands today, there is hope for it, just like this gleam that is dawning in the sky, for the well-informed hearts that can see beyond appearances. The future world will have infinite resources, which it will utilise according to plans already foreseen.

Wednesday, June 2, 1999 - 8:00 a.m.

You all say that you appreciate these messages and draw the quintessence from them. They represent a teaching for those of you who want to put all chances on your side. They do not address the majority of abhyasis, who consider this kind of effort completely superfluous: 'I am a piece of raw wood; the Master must make a masterpiece out of me, full stop.' This is the general mindset in the Mission. It is an attractive idea, but it's not very realistic. It is also a reality since you can truly advance only through the work of the Master, who is irreplaceable. Don't think that this inner transformation does not also come from unfailing spiritual practice and relentless work on yourselves. Willingness to change your way of being, by observing your behaviour in a strict manner, is necessary; one does not go without the other. With this state of mind, you consent, your heart is opening to grace, you are eager to receive, you prepare yourself to be worthy of this mutation that is taking place inside you. The Master can do everything, yes, he can do a lot, but not in spite of you. Without will and perseverance, you delay your progress. Work on yourselves, be malleable. If we insist so much, it is because it is important to know. Souls who are ready understand this. You can get an idea of yourselves by the way you react to what we are saying. Accept our criticisms as blessings; they represent our interest in you. If you accept them with gratitude, it shows that you are no longer under the total domination of this 'little master', which is your ego. Keep working on all fronts, tackle everything at once. Do not follow the others, be in the pack, but out in front. Be strong, do not neglect anything that can help you, do not lose sight of the purpose of the journey. Be vigilant, and as we love to say: be lions, not sheep.

Sunday, June 6, 1999 - 10:00 a.m.

Without an incarnate Master having a certain spiritual dimension, you cannot reach high levels. It is the combination of these various aspects already mentioned that forms a whole. It is the Master who guides you all, who relieves you of your samskaras and, in the end, gets you through the barrier of fire. At that stage, nothing can be done without a guide of this stature. We have already elaborated on these principles in our books. Though you may have read them, perhaps you were not ready to understand this, not imagining that you would ever reach this crucial point one day. Sahaj Marg is not an amusement for friendly abhyasis. It is for some, but we are aiming much higher for most of you. We have told you often enough, humanity will be saved only by spirituality. Therefore, unite yourselves; be among those combatants who work behind the scenes, not only for their own advancement, but for the good of all. You can move things forward by helping us. Let faith grow in you, your desire to act must materialize in a sustained action, in all directions. Take one step, the Master will see that you take the next. Step by step, the magic line will be crossed. You will be amazed, happy, in an indescribable way. We would like to see you all in this frame of mind. Through this dream, we see the realization of our objectives. The action of my son, your Master, is powerful. We join our forces, our means at various levels, so that you all may feel, according to your receptivity, this great current of divine energy permeate you completely. May your enthusiasm unite with ours for the achievement of this magnificent project, and may it give you wings. May you hear us, our blessings are upon you.

Monday, August 16, 2004 - 10:00 AM

Look in front of you and not behind; regrets are useless, and you know it. They are sterile. What you are building today is more important and will not be transient. All your current environment, reflection of bygone days, will sink into oblivion, but what is being built in you today will remain valuable beyond time. Nostalgia is good only when it brings things back to the imperishable, the essence. It is suitable for the soul when it makes it grow in stature. In that, it clarifies the reasons for this state, the thirst for the Divine is felt more strongly than usual. All the twists and turns justify this ideal, which sooner or later will prevail, sweeping away all the rest, i.e., the useless. This thirst for the Divine is to be considered first and foremost with lucidity, since definitively it leads the being into this royal way—point of no return—which, in the past, is equivalent to detachment. To look in front of oneself is to go beyond oneself and also to excel oneself: that is essential. In a spiritual process, choices have to be made. Some commitments take place in due time, at the very moment when the soul is fulfilled. Then these choices are made naturally without regret or nostalgia whatsoever; a new stage can start. Love can hold the entire place, conquering the least innermost recess of a heart to be caught in its entirety. This kind of love cannot be compared to anything else; one needs to experience it to understand it, and to deal with all its might. The being, then, can serenely continue on his way; a storm can rise, it cannot do anything about it.

Thursday, March 9, 2000 - 10:00 a.m. You should not wander; you should go deeper and deeper inside yourself. Thus is your path; it runs counter to your nature which compels you to go towards others and to like human contacts. It is in this inner sanctuary that your destiny is fulfilled. Some must overcome their nature in order to express themselves and you, you must do the opposite. Where you stand, you can understand these reasons perfectly. We want only your good and the blooming of your soul in this incarnation. Beyond your lack of performance on the physical level, you should see only this: what you achieve on the spiritual level, where you have every reason to be delighted. Monday,

September 13, 2004 - 10:00 AM

Let your joy of serving blossom in you and sweep your moroseness away. You have this distinguished luck of being, on the occasion, the subtle bond between the heart of my son and mine. Love makes you glide; you can shift from one to the other, surrendered and trustful, finding this means of exchanges altogether normal. You are living on another planet, shall we say; your very refined gifts allow you to achieve the feat of moving from one world to the other quite simply. Confined to this ivory tower where you are living exiled from the movement of the external life, the world comes to you, in its subtle form, through the visits being paid to you. The Venerable came back to you; at some time you went a long way together: a series of messages testifies to it. This great person will remain anonymous, you will find him one day, when you have left this world for good. Continue as much as possible to serve us like that. No, this message is not personal; you will not leave it aside, contrary to the idea that is germinating in your mind now. Yes, the tone of this message is special; you are not only a pencil in this business. You are repressing the impulses of your heart so that they would not emerge anymore, but as regards this message, at all costs, it will not be withdrawn. My dear daughter, what is not currently recognized by all—too many charlatans are depreciating this means of communication with the spirit—will be recognized one day, when humanity has won another status. Don't be afraid, all our brothers will end up understanding the validity of these writings. We are not giving them in vain, they will belong to the esoteric culture of our way thus put at the disposal of all and not reserved for a small number. Be blessed, my child.

Friday, February 4, 2000 - 8:30 a.m. However elevated you are here below and however refined your love, it is nevertheless a human love. Love, here, is of another essence. It makes us act for your good and you do not always appreciate its appearances. We are far from being insensible to your sufferings and to the effects caused inside you by some of our decisions and to the reactions in particular circumstances. Our conception is different from yours. We do not act to flatter your ego, but to prevent it from checking your evolution. Our way of acting is often misunderstood and some of our brothers prefer to renounce and leave us instead of questioning themselves and changing course, as they fear their own truth. What else can we do? Even though these behaviours sadden us, we can only take note and let them make their own experiences.

Tuesday, October 5, 2004 - 10:00 AM

Within you reside rest, wonder, and peace to which the soul aspires. When you cannot stand the world, retire into this space out of reach of time. This refuge is precious; in it, with the passing days, you find the strength you need to face up to things. It is unparalleled in this world. Only wisdom makes it possible to really appreciate it. It is good, when everything calms down, to glide into the heart of silence. Here is an introduction enabling you to regain your composure. Words have this magic, you see. Through a well-conducted spiritual practice, they can lead you, on the right occasion, into another universe. The meanderings of the subtle heart are infinite; they have many discoveries in store. These are invaluable; they are not reproduced in booklets praising the merits of such or such a trip. The most beautiful thing, my child, in this blessed space capable of lavishing a joy comparable to nothing else in this world, is what you do everyday. Advance more and more in this direction; the discovery will be enlightening and it will fulfil your wishes. All the rest you know is illusory. Detachment will give you sufficient hindsight to better judge and appreciate what you have. Has this heart-to-heart appeased you? It seems yes. Therefore keep within yourself this serenity; it will help you face up to things throughout the day. Be blessed.

Saturday, October 30, 2004 - 10:00 AM When the Spirit inspires it, the richness of thought knows no limit. That is a teaching not given in high level universities. Some beings that have influenced humanity did not attend them and yet, thanks to their inspiration, they became geniuses. Humanity benefits from this grace, which is not fully recognized, as its criteria of appreciation are different from those of men. In this world, good and evil clash continuously, distorting the game of values. Both can be hiding under deceptive appearances, creating regrettable misunderstandings. This is characteristic of illusion, an essential attribute of this level of consciousness where everything inevitably reverts back to this parameter. We must take account of it in all the manifestations of life, and differentiate between them as far as their essence is concerned. Human behaviours are prone to such variations that only their profound nature is to be considered. Following a spiritual way helps to preserve in oneself a satisfactory equilibrium in this deceptive context. A right way allowing the spiritual being to open out, warns against a certain number of deceptive effects. One's human nature must be managed in many circumstances; it is not always easy to handle it. To acquire wisdom through the heart, where the best of the being prevails, provides a considerable relief. In the face of the hardness of life on this Earth, it is good to have in oneself this resource, shedding clearer light on a permanent and determining challenge in the ineffable quest of the Divine.

Saturday, November 13, 2004 - 10:00 AM

Don't let the waves of melancholy overwhelm you so much. Life on Earth is as it is, and you cannot change it. You can only change your life. Each day gives you an opportunity for that; this change can be effected in you in very many areas. This inner journey provides you with wide horizons. What you can build in you, cannot be defined in words. It can only result from a suitable attitude and a beneficial mental construction. In that area, faith is the key aspect: it can move mountains, as they say. The top to be reached is within oneself. Attaining the goal remains the objective capable of satisfying the soul, when it burns with the need to merge with the Ultimate one. This need is felt in many ways. Humans think of it as having vague yearnings, without actually defining the cause of it. Our abhaya should understand its nature. Their dissatisfaction in the world of men relates mainly to this lack, this thirst for the Divine, not quenched as is proper. A mystic can withdraw to this imperceptible bastion offering infinite resources. The material world, once all its possibilities have been explored, cannot fulfil a soul, if it does not lead to another dimension whose treasures cannot be assessed humanly. A wise man understands the difference: he can be divested of everything here below, but the essentials are immutable and reliable, there is no doubt about that. May the soul of our aspirants open more and more to the ineffable splendour.

Tuesday, October 17, 2000 - 10:00 a.m.

We come back to this strategic point that is the Middle East. Centuries of hatred are accumulated on this site where religious and political leanings confront each other. Men endure these endless conflicts that culminate in violence and murderous fights. Will wisdom prevail one day in this territory, where everyone could retrieve their marks and try to live in peace? If it were only about delineating borders, all would be simpler and could be done in good faith, while respecting the different communities. Let us pray to calm down anger that could generate the worst of harms. Failure to respect your fellow man's legitimate rights leads to worse excesses. On this point, you should consider your brothers' sufferings, without prejudice of race and religion. You should know how to cultivate in your hearts love and prayer, which are means at your disposal to see peace finally recovering in this part of the world.

Sun, Oct17, 2004 - 10:00 AM

To go exploring one's true aspirations by oneself, beyond materiality where the present incarnation is taking place, that is the challenge. How many human beings reach that point? Caught in the game of life, most of them neglect this fundamental aspect of their real being. The aspiration for the Divine comes out, but they do not take account of it. A sudden reversal can occur and make them become completely aware of that need. Then these aspirants become eager to make up for lost time. The ways of God are quite unfathomable, and this world is a living example of it. A soul which opens up to the divine life is a very precious jewel; it is given every special attention, to guide it on the way to joining the multitude. To enthuse in God, in the wake of these fervent beings, is an unspeakable happiness. This sacred union is admirable; far from miasmas where humanity is living out its bad inclinations. It is taking shape towards the original purity, towards which the souls are advancing in unity. A high level spiritual Master is the ideal guide chosen on the occasion. Happy are those who benefit from him; he spares them mistakes that can always occur in this process. Vigilance until the end remains necessary as the goal to be reached deserves every attention. The objective to be reached is the awakening of all these souls still trying to find themselves, caught in a testing wandering which hides from them a reality they secretly aspire to.

Wednesday, September 12, 2001 - 10:00 AM

The human being is not invincible. Whatever his level of spiritual elevation, he is as vulnerable as every mortal. He is saved no torment; on the contrary, his sensitivity taken to extremes makes him very vulnerable. His power is elsewhere; it appears in the work that it carries out on subtle levels undetectable to ordinary human beings. A spiritual Master is a lonely man who endures in more than one way, and that is something he cannot escape. That is the price of his mission; it is heavy to pay yet so promising that it cannot be reconsidered. You see, my child, that each one as far as he is concerned, is involved in a process which he cannot escape from. When the die is cast, there is no going back over it anymore, hence the notion of surrender as the only positive resort in face of life's ordeals. They are precious stones when recognized as such. Praying is a powerful means that is worth considering. May you live your life here below from the perspective we have just mentioned.

Tues, Oct19, 2004 - 10:00 AM Our most faithful brothers form a great family of souls meeting again from life to life and going, for the majority of them, through similar experiences, in their spiritual quest. The same wave carries them, fostering their process. Countries, races are no obstacles; only the karmic line determines where and when this reincarnation must occur. All men are brothers but they do not want to know it, preferring to give free rein to harmful inclinations. A sincere approach, in a way like ours, must bring them closer: it is the goal of the big gatherings enabling them to become aware of their unity on the spiritual level, which is essential. A unique and same heart unites them, surpassing borders. A profound mystical impulse makes this wonder happen: the sacred union of souls going in the same direction. Seen from that angle, human divergences have little importance. When will men finally understand that they are equal in this world and before God? They keep erecting barriers: race, sex and social background being their pretexts to satisfy an authority constituting a kind of shield to their shortcomings. Following a spiritual way is also to understand the illusory side of these inequalities, which are the characteristics of humanity seeking a way out. May the time of liberation happen for all suffering souls.

Fri, August 16, 2002 - 10:00 a.m. Your heart is happy to glide like that. It can now be attentive and enable you to note down this message. It is good for your heart to eat its fill of this divine energy provided by a deep meditation. It fosters one's union with the inner Master. Make the most of these rare moments that are, like many, important steps on the mystical path. Open your heart completely, unreservedly; here, there cannot be any excess. With time, the soul becomes insatiable. A powerful force attracts it; how could it resist, since it only aspires to that: uniting more and more with the Divine, far from all processes of reasoning that are irrelevant in this field. The goal to be reached requires a long and regular practice of our method. By choosing it, you are confident in your Master who knows the hearts of our aspirants. Through his work, he helps you in your progress. His action is essential; it keeps you from being misled and wasting time on a path fraught with difficulties. The living Master plays a paramount part in your search. He makes you get through steps that you couldn't get through with only your faith and faithful devotion. You should become well aware of this important aspect in your evolution. You have rare luck in this incarnation; don't miss it and don't underestimate it. Thus, you will have every luck on your side; your progress will take place under the best of conditions.

Sunday, January 23, 2000 - 8:00 a.m. We will soon complete this series. You need to take a rest, and the previous series is yet to be formatted and printed. There is a lot of work to do; editing must be done with rigour so that everything is well set up from the outset. It is a blessing for you all to devote yourself to this work. Time will decide about the life of these messages; let it do its work. You are already doing your part with love and gratitude. Contributing to the finalisation of these documents is a personal enrichment. Thanks to these writings, we have come quite a long way together. May they leave their mark on you definitively by leaving in your heart a subtle and indefinable scent – which, though, you will be able to recognise. You are no longer exactly as you were before and so will you be for the remainder of your days. You have to finish your work and all will have been said; we bless you.

Tuesday, November 2, 2004 - 10:00 AM Your heart aspires to beauty and purity. You know the path to this kingdom; it is within you, protected from the toughness of a material world where the worst instincts are given free rein. To have discovered this refuge reinvigorates you, and thus helps you to face up to things on many occasions. Yes, this kingdom exists; it has to be conquered after a hard-fought struggle. Natural aptitudes foster this work, but the main things remain to be done, which we are doing within our way. An inspired soul finds its own path. It is the case with our aspirants coming to us, guided towards what befits them in this current cycle determining for an evolving humanity. Thus all is being set up. This extraordinary offensive is in the offing and yet men continue to live in the same way, scorning nature as well as many principles of life, without even realizing it, as they are caught in servile habits. A general awareness would be imperative; it will take place at the appropriate time. By repeating ourselves tirelessly, we wish to help our brothers, to sensitize them to realities, which have escaped them until now. For many human beings, the awakening will be rude, they cannot imagine to what extent. To warn our brothers is also to encourage them to take stock of their current life and what they would like it to be, in the absolute clarity fostering intensely their spiritual quest. Thus is our dearest wish, for all.

Monday, November 8, 1999 - 8:00 a.m.

Life is One, God is life, which is in everything. It animates your body, all that moves around you, all that breathes and exists. He is in each cell of your being; everything created has His mark, from the infinitely small to the infinitely big. Open your eyes, you will all see Him everywhere and in everything. The entire creation is vibrant with Him. His omnipresence is one of the aspects of His manifestation. Humans create nothing, invent nothing; they are in complete illusion with regard to that. Divine creation is in perpetual change, because it is movement, action, evolution, involution. All this is abstract, and being incarnate, you will never be able to penetrate all its mysteries and resources – they are innumerable. Each of your breaths gives rhythm to what is transforming itself in you and around you. It is eternal renewal, total shift, uncontrollable by human beings and even undetectable by them in certain areas, where those who think they know everything – or even the most enlightened seeker – cannot have access to this stage of evolution on Earth.

Sunday, January 8, 2006 – 4:00 p.m.

Our hearts will soon be reunited and will dance a celestial farandole in praise of their Divine Master who leads their destiny. They are offered to his love and his power of action, in the course of history which these writings belong to. All is vain in the world of humans, except for the service offered to the Creator of all things, in varied forms led by the hierarchy of ascended Masters. Our souls are united in Him. They live on His light – that which cannot be seen, but which exists and translates into an infinitely subtle vibration. Let us enjoy this moment of peace and harmony, which humans need so much to remember their divine origin, that Promised Land which is in them. They do not know it or refuse to admit it, seeking it in vain elsewhere. Grace flows freely into our hearts. As receptacles chosen to receive it, they redistribute it happily while enjoying this ineffable gift. What are our breaths of life in this moving immensity? Nothing actually, except for the fact of loving and serving, however little it may be. Being an instrument of the Divine entails admitting facts according to priorities which we cannot assess in terms of their necessity and their implications in the world of humans. Let us be strengthened in God, in his power of regeneration, without which the whole of creation would go drifting off, as it would be deprived of a force unifying its expansion. Whatever may happen, we will not be separated any longer, but united in Him and strengthened in his Infinite Love. S.E

Saturday, October 6, 2007 – 10:00 a.m. The source is inexhaustible, as you know. You just have to call upon it so that it absorbs your burning soul, which is craving for it. In these blessed moments, you are in a state of wonder. So many hearts also call upon the divine power with the same impulse; there are so many of them. This privilege is not exclusive to our way. The sincere love of humans, whatever their source of inspiration, is only One. The divine power is an attractive energy; it draws to itself very keen hearts whose call is sincere. The form of their devotion is a matter of circumstance, depending on the environment, the country and the prevailing customs. Loving God sincerely, deeply, makes one part of a big family that is motivated by the same objective. Everything has been already said, and yet it is good, once again, to call it to mind. Love your Master as you do so well. He is the reliable guide, capable of opening the doors of bliss to you. May all be blessed and led to the zenith, where wonder is achieved.

Saturday, December 2, 2006 – 4:00 p.m.

SE: Being both 'One' and multidimensional, our divine guide appears before us in all His Splendour, embodying divine power. Our souls are dazzled by Him to an extent which we cannot express. He is our living force, our reason to hope for a better world here below and in a future that concerns us: one purified from the wickedness prevailing on Earth. Only what is beautiful should end up emerging, and especially uniting men in terms of their best aspects. It is not utopian to contemplate this; anything can happen, including the conquest of the spirit over baseness. Man can be perfected, beyond all imagination; to God, nothing is impossible. Our way is advancing in this context, channelling the living forces which humanity needs so much.

B: Your understanding is right, my son; the future of humanity is nearing a point of no return, and yet, one day the situation will have to be reversed by divine grace, after having gone to the bitter end of disgrace. Then, the forces of goodwill have to triumph over the ugliness of the current world – whose insatiable hatred is devastating and will have to reach its peak before being expunged from the registers of life as it stands today. The progress of our way, in this direction, is already felt in the preparation for a highly spiritualised life. [It will happen] in a distant future, yet nonetheless [it is] in the offing. With the help of a heart close to ours, we manage to communicate like this; my son, this needs to be emphasised once again. Do not lose heart. Your mission is not exactly restful. We help you, in our own way, including with these very important writings. Remain confident in your mission on Earth, in life and in the future of humanity. One day, it will rise from its ashes, once it has earned a more glorious status.

Thursday, December 28, 2006 – 10:00 a.m.

B: Don't worry about the recurring repetition of some comments. This is necessary with humans, who unceasingly shift from one context to another, permanently enticed by a hectic life and, in addition, by a considerable mass of information polluting their senses and attention. These Bangalore gatherings, with the spirit emanating from them, are a pause for some of our aspirants. One can discern, throughout, one of the aspects resulting from your work regarding the messages. They are alluded to and, with time, their action will keep growing in the hearts.

M: Babuji, throughout these years, you have embellished my days with an unfailing joy with these daily contacts, which are nearing a conclusion which you will decide as to when and how. My heart has been surrendered to you for a long time and you can use it as you wish, my Beloved.

B: All that can help your Master is to be taken into consideration. These messages often do so. Therefore, my dear child, we will use your gifts as much as possible, since for you, serving is an act of faith which is far beyond any form of the gratitude by your fellow creatures.

SE: These exchanges have a particular characteristic: they will leave a mark in our Mission and will serve as a reference, even more in the future when people will evolve toward a spiritual openness unprecedented in the history of the world. This kind of communication will be considered differently, with all the attention it deserves.

B: My son, you are a true sage. You are not afraid to forge ahead. Thus are the great people who have a mission; they can go beyond the present and prepare the future, according to their current capacities. Be blessed among all.

Thurs, Dec 7, 2006 – 4:00 p.m.

M: "O Babuji, you are my strength, my commitment in this life. You opened up to me the doors of a genuine and beautiful world where my soul is nourished, and where it finally found its Master. His celestial heart conquered mine, by leading it onto the path of completion. He has made the extraordinary love inspired, by your two united hearts be the same in my heart.

SE: By the grace of our Beloved guide, so many steps have been cleared. Our lives are reinforced by our love for Him; they are inextricably interlinked in this process where we can discover, while being incarnate, the subtleties of the world of the Spirit. It is not characterised, as human beings tend to believe, by some light intensity, but by a vibrational spectrum that is very wide and extremely diverse. The creative omnipotence knows no limit; it reacts to ceaseless fluctuations. Here, our horizon widens considerably as it is not confined to the levels of consciousness accessible from the material world. Our souls come to the shores of bliss to enjoy and be invigorated; eternity rises before them, striking them in the most subtle fibres of their being. So many secrets are thus disclosed to us, throughout these stages where our Beloved appears to us in his true stature within the ethereal spheres.

B: My son, you keep amazing us by your multifarious capabilities. The world of the Spirit has become familiar to you; hence your open-mindedness that enables you to overcome human reactions about these contacts and the resulting messages. Our way is already part of this great ascending movement of humanity of the future. The future has in store great revelations for men on the existence of parallel worlds, which they cannot figure out today given the prevailing obscurantism, generally accepted ideas, and the hatreds that are fuelled among them for lack of tolerance – and lack of broadmindedness, as a matter of fact. May the glorious time of the elevation of souls come, letting them foresee in this world the divine power in all its magnificence. Be blessed among all, my dear son. Your aura keeps growing and embellishing itself, which delights the hearts of all those who love you.

Sat, Dec 15, 2007 – 10:00 a.m. Take pleasure in this energy that is so special and which delights your heart. My daughter, this moment of grace is akin to jubilation. How could you neglect it when your heart is intensely eager for it? A soul's mystical union with the higher being of its Master is the ultimate encounter glorifying the divine omnipotence. A meeting at the human level is desirable, but nothing can hinder this [inner] process once it has started. The disciple must advance with total confidence; he has no control over the situation. Complete surrender must crown this undertaking, which will relieve him of doubts inherent in human nature. With time, the process accelerates and helps to refine and deepen the work resulting from this ascent that unifies the heart of the disciple to that of his Master.

Sunday, January 22, 2006 – 10:00 a.m.

My child, throughout these years, you gave us your best by surmounting, each day, an often testing physical condition, to collect in your heart a teaching in line with present and future times. Through an enthusing exchange between your heart and ours, a very specific energy emerges from these writings, corresponding to idealised love, in the way it exists in the kingdom of the Spirit. Please don't give up, not yet; some beautiful pages are yet to be written and kept together with the already existing precious wealth of messages to meet the request of our interested brothers and sisters. The life of these messages is starting; some brothers and sisters will be faithful to them as they will find in them an emanation of the Divine and a special space within our way. It is not easy to live on this Earth; the attraction of life resides in the hardness of the path. Nobody is spared; the university of Life does not award its distinctions thoughtlessly. The opportunity to grow is given at each step, yet one has to seize it and understand the major reasons of any ordeal. Wisdom requires time and a very profound awareness of the divine laws escaping the majority of human beings in their diversity. An incarnation on the Earth represents a page of the great book of life, one which Earthmen cannot access under their current condition. Let them actually consider the principle that everything matters: their movements speak for themselves and place them on the ladder of their rise towards the highest summits. May they truly obtain the full measure of it; that depends on them. May all be blessed.

Sunday, December 10, 2006 – 10:00 a.m.

M: "My heart finds peace in your presence. It feels it exists in this sublime vibration where turbulences in the world of matter no longer seem to affect it."

B: My child, you are awaited in the heart of sadhana, and so are all the aspirants who want to give themselves the necessary means. Our voices are combined and manage to enthrall you through their unrivalled tones. You recognise yourself in these tones and you crave for these moments of grace. So, relish them, my child, and keep glorifying divine love.

S.E. : Reaching the bliss of the Spirit, such is the secret of the gods. An odour of eternity pervades here, leaving us breathless at the borders of the worlds where our destinies are adjusted according to a higher will. How will tomorrow be, here or elsewhere? There cannot be any certainty, which leaves room for an attractive prospect where surrender must play a predominant role. Love is the lead in this. As we are freed from the world of matter, our mystical flights take on their full meaning. Here is where the beauty of a soul perfectly takes shape when it is haloed with a divine glow. Our gratitude is limitless; we can only worship to the full – as far as is possible in this moment. As we are revealed to ourselves and enthralled in the face of this splendour, our divine guide is more than ever the perfect hero, whose greatness our souls will keep calling upon."

B: My dear son and you, my daughter, you are the happiness of my heart; this love shared and celebrated by both of yours is enchanting. This chorus of three voices is repetitive and yet, it emanates so much love! Love at this level is not commonplace. May all our aspirants develop in them this divine nectar and join your songs, whose melodious sounds will delight sensitive souls willing to follow you on this way to elevation, by the most edifying means when it is inspired by real sincerity. Our way, with these innovative exchanges, is in line with human evolution as planned for this world.

Thursday, June 20, 2002 - 10:00 a.m To do one's practice correctly, to love, to give thanks for the graces received, and to let oneself be carried by faith – this program is simple! Any of our aspirants sufficiently motivated to consider it as such can implement it. There is no mystery; on the human scale, things must take place like that. All this process, which takes place without their knowledge, intrigues them. Why know? It must be enough for them to be. Their understanding is limited; only the benefits of work operating in them matter. Man cannot go beyond his current understanding; he must put up with it. What matters for him is that he has gone past the stage of ignorance, where a majority of individuals are on this Earth. It is comforting for them to be able to stand at another level, more enlightened about their true nature, and having the means to rise, thanks to a practice resulting from a spiritual way inspired for the good of mankind and beings capable of seizing all its worth. The truth is there, in this wisdom which grows in them and which makes them become aware of the precariousness of their present existence and the need to go well beyond, while following their chosen guide.

Friday, December 15, 2006 – 4:00 p.m.

S.E. : Our hearts cannot be weary of praising and venerating our Beloved Guide. May He ever grant us the same attention and keep bestowing on us the graces that only his divine heart knows how to provide.

M: My Master, following you in these journeyings provides an unrivalled joy. You are the most reliable example and the strength on which the devotion of a heart enthralled by yours depends.

B: These contacts foster an exchange between your hearts. They are so unique after all these years during which the messages accumulated, and that by divine grace. They conclude a beautiful story that will be remembered through time and in which our brothers and sisters will hear an echo from within their depths – which will help them understand their inner process. The vibration of these writings is special, in terms of their simplicity. They are not futile; many will be able to acknowledge this and will highly value them in the sadhana. In a prelude to this golden age of spirituality on Earth, may these messages be recorded in the depths of the hearts and unfailingly on the records of time.

S.E.: Let us join our forces and our sensitivities to meet the wishes of our Divine Guide, which go far beyond what is expected of us here below. This history – ours – has long been written, as we can see once again. The more we proceed in the world of the Spirit, the more we discover the complexity of our lives. In their extreme smallness, they are mere infinite particles in the vastness of creation – a masterpiece indecipherable to beings, however advanced they may be. We should, confidently, let our lives follow their course as they should, guided by the higher authorities. Only this availability is appropriate; all the remainder is given to us in addition. Therefore, let us be immersed in his divine heart and love Him, above all.

Sunday, December 31, 2006 – 10:00 a.m.

M: My Beloved, your greatness merges into space. It animates worlds and its glow haloes the ardent souls ready to follow you in a highly complex mystical odyssey. Humans, at the current level of consciousness, cannot conceive of the breadth of your influence; however, hearts won over by you can modestly manage to do so, by divine grace.

B: My child, you made your life an offering to divine love, and our hearts are the targets thereof. Is there any higher praise than this? Without this burning faith, would all these messages exist in such quantity? To serve in this extraordinary situation is to actually not set any limits on oneself. Only true surrender can foster such availability that goes beyond time spent noting down these lines; this point needs emphasising. You are following in the footsteps of your Master. He sets a fine example in this world, by his full devotion and constant availability to our cause. His workload continues to grow with time, with all its implications on the human and spiritual planes. Being vested with a mission at such a level is not exempt from trouble, as very many difficulties keep arising from all sides. His faith and the love that drives him are firmly anchored, enabling him to advance at all costs. Everything will be returned to him a hundredfold, according to divine laws. That is how it is.

S.E: Our Beloved knows how to motivate us and maintain in us the sacred flame giving us access to his divine heart. Caught in the dynamics of the Spirit, our hearts let themselves be carried away, intoxicated and happy to take part in this unique feast near him. Evanescent and sublime is this enchantment into which He invites us, and where, in these moments, His power seems to be increased tenfold and to be humanly inexpressible, insofar as it dazzles us. Do not lose heart, my dear sister; time works for us. Let us make sure that our priority rests in loving and serving him as much as possible, by His grace. Be blessed.

Thursday, January 19, 2006 – 10:00 a.m. While developing over the passing years, our way carries in its wake hearts that are ready to reap the fruits of its action. Many of our brothers and sisters – faithful abhysis – made their life a hymn to its spirit, as they are aware of the soundness of its implications in this disorientated world. They believe in its beneficial effects and disregard the inevitable human reactions, specific to everyone. They do not hamper the essence and find the justification of our way in the process of following our principles. They cultivate in themselves this holy flame, lasting in the heart of the creature – complicated in its human attributes, but managing to surpass them in this sublime search for the Divine. By understanding where this essence lies and conforming to a way of life capable of including unremitting and redeeming practice, they show their profound aspiration to rise and to surpass the small framework of the world of matter. To be on the path entails abiding by some fundamental rules aimed at fostering one's development. Seeking God in oneself is a true challenge to man; finding Him is the supreme reward. May all our aspirants let themselves be carried in this redeeming spiral that will give them inner peace and harmony. Except for this asset, what remains of man's tangible and enlightening aspect, spiritually speaking, in an incarnation where everything can be acquired or lost instantly? Man's way is risky; will he make the right decision in his life? By getting into a spiritual way, he shows his will to act in compliance with divine principles. What he did before, or did not do, does not matter. It is now up to him to mark out his own way with the help and blessings of the Masters and especially his Master – thus all is well.

Monday, January 9, 2006 – 10:00 a.m.

It takes time to understand what life depends on and where the main thing lies. The purpose of these messages is also to help our candidates to become aware of it. In the future, these messages will be published in their entirety. All has its *raison d'être*, as we have so often repeated. They will be known and appreciated for what they are. In their great simplicity, they will manage to touch hearts much more than sophisticated, philosophical, and conventional essays. Our goal is very different; from the outset, the intentions are clear. May the greatest number understand this and be rid of prejudices that are out of place here. Since the beginning, the many exchanges included in these writings are not puerile or insignificant. They are to be discovered by those who are ready in terms of getting involved in an active and simple spiritual process. They are meant to explore other resources, including a teaching coming from the world of the Spirit, while realising that human nature is weak and powerless in the face of the vagaries of life on this Earth. An elsewhere exists; this pronouncement should reassure and encourage people to carry on in terms of going deeper in the understanding of a vast network where life continues on other levels of consciousness. The present evolution of humanity imposes limits on this subject. The new era will open the doors wide on this unknown that intrigues humans who access this reality. Having reached this stage, our teaching cannot neglect truths of this kind. These truths influence not only the present, but also the future of our candidates. Times are changing, and we must adapt to the spirit that foreshadows this era of transformation and upheavals of all kinds. Earthlings are not isolated on their planet with no possibility of communication with parallel worlds. Such communication requires appropriate means, which are beyond the current abilities of the majority of them.

Tuesday, June 18, 2002 – 10:00 a.m. Prepare your heart more and more; don't give it any respite. Pursue your goal with obstinacy; only lack of interest could compromise its success. Get stronger in your convictions. They do not generate self-doubt any more. For a long time, you have been past the stage of self-questioning. Your way ahead is becoming luminous. The wanderings of the past and the search for the right way enriched you and led you to comprehension. The path is long which clears the way and shapes the soul, bringing it to the highest level. The school of life is favourable for this work. It justifies all its facets, good or bad, according to the interpretation made of it. All has its *raison d'être*; to advance with a heart full of joy is a rare blessing. We keep coming back to this aspect of an incarnation, which is one of the keys to success. Try to conform to these views and be confident in yourself, and in us, who are there to help you and guide you in your search. Any work bears its fruit, particularly in this field; never forget it. Make sure you remain happy and certain to reach the goal, whatever happens.

Wednesday, January 25, 2006 – 10:00 a.m.

The Mission's future is taking shape. Times are changing and energies are fluctuating before completely stabilising and marking the new era with the divine seal, according to its prerogatives. Men will have to adapt themselves, and our aspirants will have to get into the path of evolution with more discernment and fervour to benefit from the best of it. To prepare people in this direction entails not only working for our brothers and sisters, but also for humanity as a whole. All of humanity, without exception, is concerned in this matter, with more or less receptivity and open-mindedness, according to everyone's own level. The task is colossal, but to God nothing is impossible. At the required moment, all forces will rally and act where and when needed. Our way will not be outdone; its advent in this world was planned in this direction. Time does not matter. It can seem long to men, but God's plans prevail in accordance with very strict and irreversible laws. Our Mission is part and parcel of this plan; our Revered Great-Master Lalaji was its initiator. He continues to pay attention to it and support this Chosen Son – the Master of all of you – in his heavy duties, given the expansion of the Mission in the world. He is, at the same time, the soul and the brain, the incarnate divine power in a man of his time, perfectly in phase with the realities of the present life. His successor must have strong shoulders, rigour and perceptiveness to ensure that our way keeps its initial originality, without which it would get stuck on risky roads. It is and must precisely remain what it is. All our blessings go towards this blessed son, as well as to his successor. The future will have him hard at work; this is how the destiny of our Mission goes.

Saturday, January 28, 2006 – 10:00 a.m.

This period preceding the birthday of Revered Lalaji substantially modifies the energy of our way. It gives it an impetus, a contained fervour, the benefits of which are detected by some of our aspirants. This outstanding fact in the Mission is to be considered with greatest respect. These stages of a year testify to a constructive progress fostering its expansion in the world of men. These celebrations are conducive to assessments, to supporting the degree of motivation of our aspirants, as far as their impact is concerned. They offer opportunities to meet and to maintain a positive state of mind towards our institutions. Everything should be taken into account in this critical matter. The Spirit in form and the form in the service of the Spirit must merge and strengthen our Mission, in all its aspects. Spiritual life thrives on gatherings; abhyasis are encouraged to initiate them as is proper. There are very many opportunities, including these birth anniversary days, outstanding milestones in a way like ours. They are directly connected to the divine source, through the Masters in charge of its destiny and chosen for this purpose on Earth. This hierarchy creates a growing force, capable, in its own way, of having control over anything that could do disservice to it. It is in the purity of the system that our way must find its fulfilment. Its evolution is all mapped out and it will not deviate from its origins, so that, point by point, it can fulfil the requirements of the present and future. Simplicity and integrity must remain its major assets; such is the will of the higher powers. May all our brothers and sisters take into account all these arguments and enjoy these special days as moments of joy and a festival of the Spirit. May all be blessed!

Monday, March 27, 2006 – 10:00 a.m.

M: Babuji, celestial heart, mine is calling you with fervour. It feels lonely in this world where everybody is caught up in the swirl of life. It carries those who I love away from me.

B: Aren't we there, attentive towards you? Please don't forget it. Feed on the graces received. Your position is enviable; do not lose heart. Be blessed

Sunday, January 27, 2008 – 10:00 a.m.

How, in lieu of the 'two pillars of the sacred temple' as you like to call them, there is a sacred triangle, whose apex is directed towards the future, that of our Mission in the world of men. His joining this ritual makes the future Master hold his place in your heart vibrationally and quite naturally. That is how it has to be. Meditate and pray accordingly; all will be well.

Monday, January 30, 2006 – 10:00 a.m.

My child, make the most of these days that are so special; they illuminate your inner space. Your heart is stirred by this special energy, alluded to yesterday in connection with the eve of the seminar related to the birth anniversary of the Father of our Mission, the most Revered Lalaji. These days create subtle bonds throughout a year; they are points of reference in the life of a way like ours. They contribute to writing its history, that which is recorded on the register of time, and influences the heart of our aspirants. Our blessed son ensures the cohesion of our Mission, developing day after day, to foster its future expansion which one can hardly conceive of today. Nothing should be neglected in this respect; everything is important, at both the material and the spiritual levels. Everything must serve its development in the broadest sense of the word. We insist on this aspect of things, but facts dictate. These decades of Sahaj Marg have changed many hearts; they form a large family, and this is a significant milestone for times to come. Energies of the three Masters together give to our way a body, a soul and a whole, working for the good of humanity and beyond – no limit is set in this area. The memory of each one of them must be honoured and preserved equally. These days of remembrance – we do insist on this aspect – must be given a prime position in the year, among the significant events of our Mission. May all our brothers and sisters, in union of heart, be really aware of their spiritual progress and spare a little time to remember and make use of this very precious capital. This is for them to use according to their own aspiration to progress and to blossom under the divine lights. May all receive according to their aspiration. Special blessings to all!

Sunday, February 12, 2006 – 10:00 a.m.

To offer one's heart unreservedly – that is the secret. There is no magic formula. Surrender, simplicity and confidence are key in this matter. Striving towards this goal and reaching it is a great success, involving unremitting efforts in this search towards sparseness. You are no exception to the behaviour shown by any human being who has to face up to the many worries generated by life in this world. Put things into perspective, regain stature and keep in mind its fleetingness by more accurately assessing events and your worries. You should put facts into perspective and detach yourself from their influence by regaining stature; this attitude will become systematic and it will leave in you all the space that is desired. You know all this already, but repetitions are necessary. The laws of this world cannot be easily circumvented. They have a far-reaching influence; only the call of the Divine manages to curb them. Make efforts in this direction, and drive away this moroseness obscuring the beauty of a spiritual landscape, which you are benefiting from in the evening of your life. It is true that all is grace. As you know, man does not have any merit either in this matter or in what can be seen as the success of his life, in the general sense of the world. It is high time for man to understand that he is actually nothing in this world but the divine spark which dwells in him. Matter is an incident, an incident in the overall movement of life, one of its experimental manifestations, with regard to this planet. Being incarnate is fraught with consequences; all contributes – so it seems – to diverting man from his true way, that which can elevate him towards the summits of bliss. Only a solid anchorage that depends on the vigilance of his spiritual Master and his personal commitment can clear his way towards the ultimate goal.

Friday, June 21, 2002 - 8:00 a.m. Don't forget that I hear your calls; I am the permanent confidant. The movements of your heart are not unfamiliar to me. Think that the omnipresence of your Masters is such that they can read each being which turns to them. Let your sadness turn into joy, both are so close to each other. Try to experience it and to make sure that this nostalgia becomes a pure joy by making it evolve and become a song of love, which embellishes everything. Think that what you live belongs to a divine plan and give thanks, happily. The spiritual Masters who come to this planet to help humanity know a thousand torments. Their strength lies in deep and unflinching faith. They understand men better than anyone else, seeing them as they really are: i.e. unhappy and grappling with their inner demons, which they do not necessarily control. They do not judge; they act as well as possible to help them overcome their current condition. They love them, quite simply.

Wednesday, January 11, 2006 – 10:00 a.m. My child, a heart like yours cannot weary of loving. This love carries it out of the boundaries of the material world, towards its highest destiny. Mingling with the chorus of angels, it can merge into the splendour of sounds emitted in praise of the Almighty. To love is its vocation, absolute and irrevocable; so was its path on this Earth. Is it not the most beautiful! Never restrain it. Other hearts will recognise themselves in it and will unite with its song. There will be mixed reactions to this large amount of messages, but it will leave within our Mission a special space where fervour will be able to express itself and move sensitive souls. They have in our Mission a prime position and my son opened up the way to them, sooner than you expected. Such are God's plans, generally surprising to man who is anchored in an illusory world blind to cosmic realities. Surrender is his best asset. May all our brothers become aware of their limits and accept Master's decisions with gratitude. They cannot grasp whose the profound reasons that justify his actions. These reasons generally escape the common run of people. They are passing through this Earth where our Mission is slowly gaining a foothold, but one that will last a long time. It advances while marking its territory and leaving in hearts a special fragrance, whose subtlety cannot be felt by today's man. That moment will come; it will reveal God's works in their infinite splendour, by giving humanity a new status, finally in line with the dimension of its Architect. May this time come very soon on planet Earth, for the good of all

Thursday, February 16, 2006 – 10:00 a.m.

The opacity of the material world will come to an end one day, thus providing human beings opportunities to contact parallel worlds. It is time for this heavy curtain shrouding the most elementary realities to be raised, and for those realities to be understood by all men. In the depths of this era of decline and degradation, it is good to foresee a complete transformation of humanity, releasing it from its misconceptions. Let come the last convulsive movements of extravagance, those into which men are sinking, so that they can emerge into another level of consciousness more suited to their evolution. The cup must be drained to the last drop, as you say. This is the case with humanity, with multiple nuances, of course. To follow a spiritual path is to protect oneself from the negative effects of the current sinking of humanity. May the time for emergence of the sovereign beauty come, that beauty whereby souls are in harmony with the Spirit, in absolute creativity, arisen from its omnipotence. Our way, devoted to this force, fits perfectly into this evolutionary pattern, the inexhaustible source of a life process suitable for future times. Imperceptibly, all is taking place in accordance with the laws of this world, and its current vibration, which has slowed it down on all levels, is being transformed. Advancing slowly but surely, this current of subtle energy is being spread, permeating hearts willing to receive it and to contribute to its spread in and around them. All that lives on this Earth is affected by this change; it will be unprecedented in man's memory. What existed before belongs to God, whose works cannot be understood by them. Let us make progress in our comments. This Sahaj Marg Mission is capable of helping them in many respects, by preparing them in the best way – in the secrecy of the heart.

Wed, Nov 21, 2007 – 10:00 a.m. Do not assume that all had been said. This contact is a soul encounter and you should not turn it down. These few written lines show it; they have their *raison d'être*, no matter what you may think. Humans constantly need innovation, stimulation, or else they find their life monotonous and uninteresting. These characteristics stem from a great emptiness, linked to the need of the spiritual being who is ignored, unsatisfied in terms of his inclination to love and to unite with the Divine. Once our faithful aspirants are fulfilled from this point of view, their lives should, if not totally satisfy them, at least provide them with the necessary balance to cope with the vagaries of life on this Earth as best they can. Nothing is simple or easy here below. The University of Life is often pitiless, but how else could it manage to strengthen mankind and ensure that they seek the truth beyond an incarnation that is transitory and fleeting in essence. There would be much to say on this issue, but how could one make the majority of human beings accept such comments, when they cannot see beyond the current moment. May we enlighten some of them; such is our objective.

Friday, March 3, 2006 – 10:00 a.m.

What is life? Should it be imperilled for the satisfaction of hatred between peoples and religions, for all sorts of reasons used by men as a pretext for their bad inclinations? Life, in its essence, is sacred. Individual life carries no weight in the vast context of creation, and yet not respecting it leads to a whole karmic process, a quite testing one for any offender of divine laws. Hatred is destructive. Being a source of all the evils in this world, it destroys endlessly; there are always reasons to provoke it. In the current state of humanity's evolution, the case seems desperate. Is there any sensible man who would not like to see it change? Everyone must truly apply to contributing to it and questioning oneself about one's way of being, thinking, behaving – all have to work along these lines. Our way helps them to become aware of their shortcomings, through a personal work capable of awakening them to reality. What is an incarnation? It is an opportunity of time given to the being so that he can express himself and progress, as well as possible, in a long process on which his relationship to unity hinges. Life is a divine gift; does man understand this? It seems not, for a large majority. The notion of good and evil is not perceived the way a very advanced humanity, conscious of its acts, would perceive it. There is a long way to go on this aspect. The source of evil is this: lack of respect for creation as a whole, for life in all its levels of manifestation. Generally dissatisfied with his condition, man builds a fanciful world where he complacently places himself, without taking a new look at himself. Engaging in spirituality, opening this holy door, is the best possible choice. Accompanying a soul in its rise towards the summits remains a divine privilege granted to our way. The Master is its chosen and highly blessed guide.

Saturday, March 4, 2006 – 10:00 a.m.

May your heart be bathed with joy; see only what is beautiful and good, which does exist on this Earth. Think of all these souls that are following us on the way to liberation and beyond, and of the love they benefit from – this invaluable gift from heaven, an eternal source of bliss. My child, love us, infinitely. There is the only durable happiness, as you know. Let this hymn of joy rise in you – that which you cultivate with delight, making you forget the trials and tribulations of the world. Meeting this inner call also entails evoking subtle forces capable of strengthening the being, in its most elaborate structures. Go through this door as frequently as possible; it opens up to this secret garden, source of all delights, letting you glimpse into the Inalterable Peace. Such is the eternal quest of all these souls in search of perfection. This process is part and parcel of life, of its force of renewal and transformation included in a perpetual movement, maintaining its cohesion. Immobility would be tantamount to the end of all things, including the creature itself, as it is subjected to the same principles. These contacts give you an outline of the natural laws, in this broad context where everything functions with precision and where disorder, in certain circumstances, is only apparent to the eyes of men. Doesn't all have its *raison d'être*? Whatever the degree of details, nothing occurs without reason. Humans have a very personal approach to phenomena. Misled about their own nature, how could they grasp the secrets of creation and the action of the higher powers in all aspects of their existence? This force that drives them cannot be avoided. Their destiny is not under their control; they are negligible elements in a huge probationary movement, which places them where they should be.

Monday, December 17, 2007 – 10:00 a.m. From time immemorial, great Beings have come on Earth to deliver a message aimed at advancing humanity in its understanding of the divine power, yet humanly inexplicable in these times of obscurantism. Those who believe they possess knowledge may think what they want, but their knowledge does not address the true issues; time has not yet come for that. Many events will have occurred on Earth before mankind's vision widens to what is essential. Life's vibratory subtlety escapes them completely. How could it be otherwise in this era of darkness on the planet Earth? All must change. We have said this before: humanity gets bogged down in excessive materialism leading it astray from true moral values and a spiritual elevation that can transform it. Practising in our way gives the aspirant a satisfactory approach to what is essential, a vibratory level capable of favourably harmonising his subtle body by detaching it from materiality. This does not mean a lack of engagement on the human level, but it is an approach to bliss meant to make him better cope with life.

Sunday, March 5, 2006 – 10:00 a.m.

We do not abandon you. We are only turning a page for your good, since you would not, on your own initiative, decide to stop due to your health. Our contacts will take place differently and will not be less constructive – be assured about this. You are and will remain our chosen scribe. Your heart is the garden of delights where our accomplishments are achieved, with well-targeted choices. There are no successors in this area where almost everything has been said. Is our love relationship not exemplary? It will influence people by leaving an indelible mark in our way. In terms of listening to your Master, you belong to a special level which will also stand out in history. All is well, my dear daughter. Be at peace; time is doing its work. It sweeps away fears and doubts. Our history continues and it will carry over beyond the world of men. Beautiful pages will be written, in a different way, in the register of time. Look at life in its brightest light and love us more than ever – a love unparalleled on Earth. This treasure is in you and is unequalled on Earth; therefore look towards us, relentlessly. Let our hearts be your refuge and the compass that will not fail you. Be in a state of acceptance, for everything. Another page of this history remains to be discovered. It will not be the least, in terms of the interest it will be likely to stir. Does the world not need love, poetry and distancing from all tragedies occurring here below? This island of coolness is a divine grace offered to our readers. May it be felt in their hearts.

Monday, March 6, 2006 – 10:00 a.m.

Collect yourself, my child, and receive in your heart, like beneficial dew, the expression of our love. Being chosen entails submitting to its ceaseless action and being carried away, without resistance, towards the place of delights where the soul can exult. Once one is liberated from the deceptive effects of this world, in which humans let themselves be caught, truth unfolds and grace abounds. Is it not true that all is vain in this world? Only true wisdom allows one to make choices and to avoid wasting time on trivialities. As curious as man is about adventure and all kinds of pleasures, he moves away from what is essential, to satisfy the whimsical needs of his curiosity. Thus he wastes a lot of time from one incarnation to the other. Only the hardness of the way calls him to order and may lead him to grasp the true meaning of life. Happy are those who, after many battles, manage to understand where they must go. Travelling on Earth does not lead anywhere, except for momentary satisfactions, at the most, when they bring a little wisdom; but the main thing lies elsewhere. Life, wherever it may occur, is a struggle worthy of efforts, when, in all conscience, it is offered to the supreme power. The inner journey is the most gratifying, but how many people experience it in current times when man, more than ever, is caught up by the deceptive attraction of his senses and misled by their play. Happy are those who know and devote reasonable time to gathering within themselves the effects of grace. By interiorising themselves, they facilitate this movement of beneficial expansion where the soul can transcend matter and unite with Divinity. This new phase of your life, my child, is not any less important; be totally devoted to the power of the divine Spirit, of which you are, like all living things on this Earth, the most subtle manifestation.

Sat, Feb 2, 2002 - 8:00 a.m These messages will have a mixed reception and will be understood in different ways. Their origin is unusual and their content, seemingly very simple, hides subtler teachings than they may appear to have. It is really I who am here. You are not mistaken. Did I not come the previous years? You appeal to me in your heart on this anniversary day of my birth, and my valorous spiritual son lets me have his place to underline, in this way, this day with a very special blessing for you and your circle. The Mission has made headway since its inception in Fatehgarh, and it will not stop growing at its own pace, as it must do in the future. By divine grace, my Son illuminated it with his greatness, and his successor is doing an exemplary job. He is our very worthy representative and we are thankful to him for his service to a cause that requires so many efforts of him, and causes him such numerous worries. All is numbered; he advances, ennobled by this so-well- accomplished mission. Love guides his footsteps; he finds in it the best possible energy to advance on this long and arid road, which leaves his heart thirsty as it will find true joy only when he has rejoined us. We surround him, as was rarely the case for a spiritual Master, so that he can go on until the end of his mission. May blessings directed to him and the whole Mission on this particular day be felt in each of your hearts. Lalaji

Thursday, March 23, 2006 – 10:00 a.m.

Remain ever more united with your Master's heart, such is the current objective. Give it its full dimension and the attention it deserves. Make sure that your efforts are directed towards this goal. Get rid of useless things; it is imperative that you do not forget this. Life on Earth is a short spell, an opportunity given to man to rise and grow in wisdom. Each moment is to be considered from this point of view. Cultivate in yourself the delectable fruits of divine love; it is unequalled on this Earth. May they ennoble your soul by embellishing it with the most shining glow! Love and peace are in harmony in a heart offered without any pretension. Love is your primary food, my child. Accumulate these kinds of jewels, which will follow you from the world of men to a higher destiny; they will not perish. Open up your heart to these subtle joys. Let them become, throughout the day, the surest asset that accompany and support you in your struggles. Love infinitely, everything boils down to this: such is the secret of a divine life and the culmination of a quest when the subtle being manages to impose its laws – a quest that is carried over from one incarnation to another. Let your heart be the permanent receptacle of divine love, offered to the purifying breath of the spirit transforming your being that is receptive to its benefits. One has to gain the divine life through a true commitment to deserve it and to build it every day. You should put things into perspective. Let the need for the Absolute grow in you – there, the transcendence of the Spirit takes on greater emphasis, under the inspired control of your Master. May his power grow in you. Love Him infinitely; he will lead you where he must, according to the profound aspiration of your heart. Be united in fighting for what serves the divine power in all its states. Be surrendered and happy to serve it and remain stronger than ever. Your goal is noble; carry on your way under our ceaseless blessings.

Tuesday, March 28, 2006 – 10:00 a.m.

Cultivating joy within oneself is an expression of trust and love towards the divine omnipotence and one's Master. To love is to surrender, joyful and determined, whatever may happen; there lies the goal. Without this profound and inalterable joy, the spiritual dimension cannot truly assert itself. The vagaries of an incarnation should not disturb it whatsoever. Is it not the only true power of human beings, able to motivate them in many circumstances? In this holy sanctuary, in the face of their true nature, they can glimpse the hidden meaning of their existence and see the way they have yet to go to find fulfilment according to the aspiration of their soul. A happy and surrendered heart attracts grace. How can one resist it. Only its fervour is expressed, creating a rare energy worthy of the Holy of Holies. Joy is an emanation of the soul blossoming in its most ethereal aspects. May our aspirants understand its reality within the framework of such a decisive process for them. This inner jubilation of a being is exalting; the source of all benefits, it makes one grow and become stronger in one's journey. It is good to draw the attention of our brothers and sisters to this aspect of the sadhana, giving them the true dimension to be discovered within themselves. This long search is full of discoveries, which become clearer with time and illuminate the inner landscape – an enchanting one in many regards. Without joy, faith cannot live, as it lacks one of the most essential aspects of the profound nature of the subtle being: the divine life in all its uniqueness. Joy is food for the soul; it deserves this lengthy comment. May it be understood and put to good use. The most secret meanders of the spiritual life are revealed by it – it is inalterable in its divine principle.

Monday, January 17, 2000 - 10:00 a.m. My dear children, before closing this series, we deem it useful to tell you and repeat always the same things. We want you to be as best equipped as possible and, like parents that ramble a little, we repeat ourselves thinking we thus help you to assimilate as many truths as possible. We carry you in a certain way, but your steps must make you touch the hardness of the ground on which you are walking. You must avoid the hollows, walk round the bumps and choose the place that you deem safer before going into it. The road is long, even if the sun is shining above your heads. You must strive to move forward. Nobody can do it for you. It is up to you to decide and face up to your responsibilities before acting. We trust you, knowing that your hearts are motivated by the best intentions. If you fall sometimes, we know that you will set out again more determined than before, and we will be there for you, to help you.

Saturday, April 1, 2006 – 10:00 a.m. May the awakening of nature inspire new impulses in you that fill you with even greater fervour and raise you towards the heights of bliss. The jubilation of the soul provides all the beneficial effects. Managing to withdraw into oneself and to taste the unfailing joys of divine life is the most precious gift. Immerse yourself in this ocean of grace, being united with your Master while your heart is surrendered and free from worldly ties. In this moment, anything can happen. The only thing that matters is the bliss of existing as a loving soul and, even more, being caught up in the swirl of this energy, rare and deliberately offered up to its beneficial action – thus can be achieved the most secret wishes of the being. Collect yourself, my child, and let your heart exhale its fragrances. They will touch sensitive souls capable of recognising their subtlety, in terms of its specific vibration. More than ever, we surround you. Do not feel abandoned and do not dwell on the vagaries and controversies of this world; they are not worth worrying about. Follow your path with fervour, as it is your most reliable ally. Life on this Earth is a short stay, which one should make the most of. Until the end, you will serve us, according to your wishes. The mere fact of loving would be enough, [even] without the gifts received and offered to our cause. All people of goodwill devote themselves to serving us – and there are very many of them. Many of our brothers and sisters are fully committed, having found through this, the means to give a deeper meaning to their lives in this world. Offering one's best, with love and faith in our system, contributes to its establishment on this Earth, according to God's plans designed well in advance. All major ways in this world started on a small scale before they widely expanded. Ours is making its way into hearts. It meets the demands of this time, so that the divine will can manifest itself where and when it wishes.

Wednesday, April 5, 2006 – 10:00 a.m. Make your life become an ode to the divine splendour; feed on it at every moment. Let it revive your entire being and intensely fill it with joy. Never weary of celebrating this festival inside yourself; too many humans forsake it and run towards futile pleasures doing disservice to their evolution. Divest yourself of useless things; this has been repeated a hundred times. These remarks have gained ground and have contributed to the transformation of your being. They will act accordingly for all our diligent readers who understand the very essence of their contents. Beyond words, there is a subtle vibration that operates to mark hearts with the divine seal. In our way, everything takes place quietly, without any fanfare or ritual. The truth resides beyond what humans can perform and that which superficially marks people's minds. Our action lies elsewhere. It gets to the heart of the matter and plays its part at the dawn of new times when illusory aspects will no longer prevail. Simplicity and effectiveness: that is how our way can be defined. With time, its highly spiritualised attributes will be more evident than ever. Throughout these pages, the creative beauty of the Spirit has been essential, beyond the simple words that have been used to express it. When understanding through the heart, one does not dwell on useless rhetorical persons that do not specifically serve the intended purpose. Here we are in a special context. Sensitive souls will be able to appreciate the contents of these messages, the strong and special aspects they manage to distil from the literature of our way. My son will leave his mark in the uniqueness of this literature with this correspondence that will stand out among its kind. All this work will be seen as very important. With time, it will find a favourable resonance in the hearts that were the least disposed towards it in the beginning. Its impact will leave profound marks in them, without their being able to assess its true worth. All is well, my child. Be at peace.

Thursday, November 10, 2016 – 10:00 a.m. Immerse yourself in this ocean of love, where your heart is ecstatic and fully enjoys this unparalleled advance. Our readers benefit from it; many do not and this is regrettable, especially for them. We cannot force anything, only try to progress further in this transmission, which is very specific to our spiritual path. Sahaj Marg is a precursor, in a way, making it possible through this means to reach out to so many beings calling for the Divine. Future times will highlight this very special aspect; its action is always justified, in such cases, when so willed by the powers that guide us. Spirituality is an aspect greatly neglected in this world. Happy are those beings sufficiently enlightened to devote the necessary time to it. In its apparent simplicity, Sahaj Marg is nevertheless very active. The future will shed light on this unprecedented action, for the good of all our participants who are sufficiently committed to advance in a very specific way. We wish the best to all, under our blessings on this day, which is also unique in its own way. So it is.

Saturday, April 8, 2006 – 10:00 a.m.

Your heart comes seeking in us the substantial nourishment that makes it live and vibrate intensely. Its deep yearning is there, and it is its unique goal after the many battles that led it to what is essential. Following a spiritual way urges the seeker to unload useless burdens that slow down his progress. Before God, all men are equal; His laws are not theirs. Humanity will have taken a great step when all become aware of this. The skin colour, the social class, or any other prerogatives do not grant any privilege whatsoever in the face of the rigour of sacred principles. To rise spiritually requires sustained attention. The margin of error is reduced in proportion to one's progress, allows no vague approximation. Engaging completely in this way is a decisive choice in an incarnation, when it can bring one towards the highest level of realisation. Doing everything possible to achieve the goal is praiseworthy. Many of our brothers and sisters are devoting themselves to this, and they obtain the expected results. They are given the opportunity, and they recognise this. They throw themselves into this quest, which will not disappoint them. The way is arid in the face of oneself, of one's own tendencies that are tenacious and often disconcerting when perseverance is not enough. Realising this and acting accordingly, shows one's determination to overcome them. What is spiritual can be part and parcel of this struggle, by helping to overcome difficulties. Human nature cannot be easily understood. There are so many factors involved that we will not elaborate on them herein. The only thing to be considered is the method that is capable of ironing out the harshness that constrains such progress. Blessed are our brothers and sisters who fight and advance towards the goal, without being diverted from their targeted objective. Their practice helps them to find their bearings, to detach themselves from useless things and inappropriate battles, where they were misled by illusory remarks in the past. The truth resides elsewhere. It belongs to them and nobody other than their Master can help them find it. Let there be light for all.

Wednesday, April 19, 2006 – 10:00 a.m.

Your two hearts united in the same song fill mine with joy – infinitely. It took such a long time to arrive at this, the highest level of this eternal search where two souls eventually reach the state of unison. It was no easy task to bring them together. As both of them are determined and strong, the divine intentions escaped them, until the day these became evident. The highest will always ends up prevailing when its plans so require. Is there not a saying that goes: 'human life is a breath, nothing and nothing more'. Therefore, how could it oppose this will, whose action surpasses by far the outcome of a human incarnation in such a limited world? Man, whatever his path, is guided and strictly follows the lines of a life plan often baffling in relation to his certitudes and projects. The highest powers have their own reasons, which escape human understanding. Thus are built the threads of destiny that make beings meet and act accordingly. You serve us in your respective ways and were brought together with a specific purpose for one of the aspects of this Mission. This is part and parcel of your history, which will continue beyond Earthly time in another context. Life is precarious on Earth. Doing what must be done in the best possible way soothes the soul and allows it to cope with the hardness of the path. Thus providence was taking care of your respective destinies that met under the aegis of the 'Greats' with a specific objective. As far as this history is concerned, the word 'end' is not written yet. Surrender and love guide your steps, leading you in the same direction; service has been for a long time included in this process. "Blessed are all the souls who are privileged to read us, to benefit from a salutary energy generously dispensed at the dawn of a future and far-reaching mutation in the world of men.

Friday, December 7, 2007 – 10:00 a.m. God's reasons are beyond humans. They ask why this? why that? – without understanding the laws governing this world, and whose sovereign principle escapes them. Your Master is also subjected to these laws, and humanly he can be surprised by their impact on his material life and that of his fellow creatures. The great secrets are not revealed here below; even the Chosen Ones do not access them in their entirety. The veil of illusion characterises this world. Being incarnate entails being amenable to these laws, inexorably. At some time in their lives on Earth, the greatest sons of God had to wait and see, haunted by a great feeling of uncertainty. An implacable faith was their only bastion, the surest one. The divine omnipotence provides for it, without worrying about human ponderings which are irrelevant in the face of its great intentions, inescapable and decisive. That is the way it goes.

Friday, April 14, 2006 – 10:00 a.m.

For so many years, you have responded faithfully to our entreaties with joy in your heart. These entreaties will be of another type when these messages are no longer given. You will be neither forgotten nor inactive, as you so dread – be assured of that. Our bonds go beyond a temporary mission. Our way is close to your heart and you will serve it, whatever happens. Be focused on the most important thing, and look at its progression in the world. Its spirit is being established imperceptibly, and that is irreversible. What is good for humanity will endure beyond time and beyond all sorts of upheavals that it will undergo. May faith carry you, as it always has. Being a light in your life, it guided you towards your destiny and its fulfilment. Faith can work wonders; it is man's most precious possession. May all our aspirants become aware of this and increase it with praiseworthy actions fostering their evolution. This is the only objective of our way: to help them in a long process where nothing must be neglected. The rules are easy to follow and the practice is well suited to current times in which man is incessantly caught up by the excitement of his environment. Meeting places, where our aspirants unite in the same current of thought, are beneficial to all. Seminars are essential to the life of our Mission, as they concentrate creative energy and reinforce it. This aspect must be given priority, hence the importance of ashrams around the world. They are centre points from where will spark a spiritual life well suited to future times. Their number must be increased before anything else; this is imperative. They are vital organs of a large body upon which cohesion depends. All the rest will be given in addition and is not currently urgent. These places give structure to the whole, making it as one in men's world and in accordance with its most subtle aura. May all our aspirants become aware and act accordingly. The strength of our Mission is theirs; they should not forget it, for the good of all.

Saturday, April 22, 2006 – 10:00 a.m.

You miss, at the human level, the deep forests, the fragrant meadows and wide horizons where imagination can picture the most luxuriant landscapes. Find them in a different way – inside. Thus, so many delights are offered to your heart. Incomparably deep, they make you forget the frustration resulting from your lack of contact with nature. When you are absorbed inside, united with the heart of your Master, how meaningful then are fleeting and illusory images? Those created within you are not like that. They represent a stable asset, resulting from a long process escaping the laws of this world. Take this compensation as a blessing, my child; cultivate joy and serenity in this secret space, hidden from the eyes of men. Armed with your faith and a ceaseless special vibration of love fostering these contacts, you can reach spheres where few human beings could venture into, even if they were the greatest travellers on this Earth. You can believe me, their travel logs are not as rich as yours. All that seems obvious to you in your special journeying is not common. It is high time for you to become aware of this, but can one change you on this aspect? Thus is your way of life, resulting chiefly from a profound aspiration to serve. In the context of a particular incarnation, each human being is confronted with their weak points, which can be overcome with the help of their strong points, thus making a success of this incarnation. Each incarnation is an opportunity to reach a higher level. May our teaching contribute to this and make our aspirants surpass themselves through a process where all becomes possible, under the effects of grace. A genuine spiritual way is a divine gift; ours belongs to this category. Continuance is the best warrant; it is up to our brothers and sisters to convince themselves of this and act accordingly, under our ceaseless blessings.

Sunday, October 7, 2007 – 10:00 a.m. Your cup is full, my child; it overflows with love. Let it spill over into the hearts of your fellow beings, many of whom miss it sorely. Moral suffering is growing in this bewildered world, drifting away from the rules for a healthy and balanced life. Many disturbances are destabilizing humankind; everyone delights in enjoying the gadgets of so-called modern life. The 'poor pencil', as you call yourself, has done a remarkable job that history will remember. Do not minimize your efforts; these thousands of messages give an indication of who you are and, in reading them, our brothers and sisters will feel that. Such work cannot be done mechanically, without revealing the beauty of a soul. Accept these remarks; coming from us, you can't do otherwise. Rest and pull yourself together; you still have work to do in our service. Don't forget, your mission is there and it's not over, as you think. Find joy again, will you, and offer it around you. You will make us happy. [Later] Do not hide this message, it has its *raison d'être*!

Tuesday, April 25, 2006 – 10:00 a.m.

May the joy that delights the soul overwhelm you in this moment when you come towards us, trustful and peaceful, leaving behind your worries related to the world of men. Prepare for this celebration; your heart is very sensitive to it, given its likely impact in the hearts of your brothers and sisters. Celebrating a birthday in our Mission goes well beyond the event by reinforcing subtle bonds between them, which benefit the entire Mission on this Earth. Do not feel isolated; you do participate in this great feast that is not limited to one day. May your heart be assured on this aspect: on no account could grace forget it. Let a highly fruitful harvest mature in you; offered to the Divine, it can grow ad infinitum. This language is likely to seem abstract to ill-informed hearts not involved in a search where divine love leaves its deep mark in the most secret fibres of the being. Many people will follow us in this way, armed with a strong mystical experience to which they aspire. They are filled with the thirst for the Divine without realising it. Caught up by the swirl of life, they sometimes neglect this call, which, until it is satisfied, leaves them with a sense of lack, a vacuum which nothing can replace. Thus is the progress of a soul on the path of liberation, up to the apotheosis capable of freeing it from the perilous tribulations of the material world. May your heart be intoxicated with love. Enjoy these moments of communion when it only exists to love and to be offered to the divine Omnipotence. The rest does not matter. All is only illusion in this world, where to do what must and can be done constitutes one of the aspects of the role-playing imposed in each incarnation leading to the final conclusion. United with the heart of your Master, let yourself be carried away, surrendered, as is proper in such a situation, to the transcendence of the all-powerful Spirit capable of achieving wonders. Be at peace.

Thursday, April 27, 2006 – 10:00 a.m.

Joy – the same as ever – we will never insist enough on the importance of the rare energy it can generate, benefitting the entire being. This special joy resulting from the Divine is altogether different from that which is commonly felt in everyday life. The celebration of a birthday, as carried out in our way and honouring the series of Masters coming to serve it, reinforces its egregore on all levels of consciousness, hence its importance on the material plane. To approach it, a special state of mind, including this joy, is essential. We wanted once more to address this critical issue related to the life of our Mission, as far as this special aspect is concerned. In the context of a spiritual way – more than elsewhere – all has its *raison d'être*, which lies beyond human perceptions. Confidence and surrender to the Master are justified by acts that are seemingly the most insignificant, although they constitute the web of the abhyasi's destiny and, in the longer term, that of our way. The Mission is a coherent whole. Whatever the apparent and inevitable imperfections in this world, it is progressing towards the goal, which in the future will be defined by its broad outline and its importance to the construction of a better world. Let us progress in this direction by acting according to our own directives in the service of a suffering humanity, seeking a salutary outcome where spirituality must play a major role. A special energy touches hearts during the preparation phase of this birth anniversary. Felt in various ways by our brothers and sisters, this energy nevertheless constitutes the essence of this celebration by marking it with the divine seal, which is a special grace bestowed on our spiritual way that is blessed with a special status at the dawn of a new era. May peace and joy be in all hearts; the special blessings of the Masters, united together in this great plan, accompany each and everyone according to their wishes and profound aspirations.

Mon, Sept 24, 2007 – 4:00 p.m. SE: In the heart of mystical ecstasy, the soul becomes intoxicated and it adores in peace. The soul is a priceless jewel. It emanates from the Divine and thrives on Him. All is vain, except for His power; it animates everything down to the most subtle aspects of the being, and it plans out life in its smallest details. We all have originated from a great family whose members are renewed over time. They come to this Earth to perfect their spiritual evolution. They can be found within our Mission, where possibilities in this direction are offered. Motivation is key in this matter and each one is left with their free will, according to the strict laws of evolution. Each step is important, as it liberates the soul in its yearning to progress towards the goal. A teaching like this one touches the right chord by gradually raising the reader's vibration. Thus is the subtle being nourished; hence the value of regular reading on a daily basis. The soul, in its poignant reality, is thirsty for the Divine. It aspires to thrive on it and nothing can hold it back when its determination to rise is strong. The Master provides for it when the aspirant is ready.

Sunday, April 30, 2006 – 10:00 a.m.

Let the nectar flow into you – this divine energy dispensed to loving hearts surrendered unconditionally and receptive to its effects. Call it from inside, from the depths of your being; it will permeate every one of its fibres, thus generating a state of complete harmony. You are not absent from this great feast. A fervent heart cannot be absent; there is no restrictive border to grace, as it manifests itself wherever it pleases as per its own laws. May your soul be jubilant, my child. A new page is being turned in the Mission, and each birth anniversary contributes to it. Its destiny is to expand in the world of men; it is up to them to take part in it and ensure that it finds its right place therein. Its star is rising in the firmament. May it subjugate the hearts and take them along with it in a long mystical epic, towards the final bliss. Periods of birth anniversaries are conducive to taking stock of oneself, as well as of the Mission in general where it is nice to see positive results. Each year of practice leaves its mark in the hearts. Happy are those who are devoted to it with fervour; they are not working in vain. May all hearts, like a flourishing harvest, open out under the effects of grace and actively participate in the revival of spiritual life on this Earth, which is bogged down in the darkness of ignorance. Let us work constantly with this perspective; there is so much to do, but to the divine Power, nothing is impossible and 'what must be will be.' On this day when it bestows special favours, our Mission receives beyond our hopes – praise be to God. It remains for it to relish this celestial manna rejoicing our hearts and, consequently, those of all our brothers and sisters. They unite together on this special day for a celebration that can have an impact – which they cannot assess – not only on them, but also on all human beings. Thus are the divine laws: incomprehensible to man who, in his extreme smallness, cannot grasp all its substance. Special blessings to all.

Monday, May 15, 2006 – 10:00 a.m.

The aftermath of celebrations is suitable for assimilation and interiorisation for all our aspirants. For the higher authorities, it is suitable for considering the future prospects, while targeting our way within the framework of a spiritual evolution in gestation on a more general level. The blossoming of a new world is in the making. The process is extremely slow, so will it be until the swing into another vibratory system. This time will come – one must believe it – which means adopting a positive and decisive attitude in relation to the big upheavals ahead. For many years now, my son has been giving solid foundations to the organisational structure, Sahaj Marg Mission. This Mission holds a prime position in this edifying prospect towards a future of transformation and regeneration of the world of matter in which the forces of good must prevail. This world is characterised by the slowness of changes taking place therein. A kind of slow motion operates in all the manifestations of life, slowing down the process of expansion of consciousness. As a subject of observation on all levels, each element is studied and subjected to probationary tests that impact the entirety of the created world in the long run. The time of transcendence of the Spirit has not yet come. It is preparing at the pace of this world, naturally slowed down in its principle of life. Establishing solid foundations to foster an unprecedented renewal of its evolutionary structures is part of the great movements related to the new era. Transformation and evolution necessarily entail upheavals of all sorts. What matters is one's mental attitude concerning this future prospect and the aspiration of beings to progress towards good, while being shaped differently. Openness to the spiritual world is essential. In its own way, Sahaj Marg is a way whose action partakes of this great evolutionary process. Gradually, in these troubled times, it will one day brightly shine forth in this world. May all our brothers become aware of this and adhere to this principle.

Fri, Sept 21, 2007 – 10:00 a.m.

Stay away from human turbulences. May your heart be in a state of joy and peace. As you know, an Eden exists there that is good for self-renewal. Humans cannot thwart that which must be done. Sooner or later, the divine will, will prevail and nobody can change anything about it. Within you wonder is born; it is developing little by little under the fiery glow of love.

Monday & Tuesday, August 28 & 29, 2006

M: "O, my Beloved Babuji, and you my Master, your hearts, united, emanate a divine nectar, and my fervent heart comes and relishes it. It is thirsty for you, for your power of love, this sublime energy which the soul will never tire of."

B: My child, drink from the glass; become intoxicated. Is there anything better that can happen to you in this moment, on this long and difficult way conducive to the elevation of your soul? Blessed are you, as you have found the divine source. Only it can satisfy your soul and bring it towards its higher destiny. Immerse yourself in it, in us, in our united hearts where you are welcome; remain merged in them with your soul in rapture. (Later) Why do you want to keep these lines to yourself? Hearts other than yours will take ownership of these comments, as they are sensitive to the vibration of the words assembled in these lines in an attempt to express the inexpressible. Your childlike heart protects you from egotistic reactions; you are acting out of love and not for the sake of any gratitude from your fellow creatures. Be blessed, my child.

Thursday, September 6, 2007 SE: Dear soul, carried by this special vibration and propelled into the beauty of the Immutable, the divine heart of our Beloved is waiting for us. It opens up for us endless prospects where only love prevails, in its most sublimated expression. This long song, dedicated to His illustrious person, brought our hearts closer to one another. Let us be intoxicated with Him, as the moment is unique; these lines will keep the memory of it. So it must be, in accordance with the divine plans. All seems to have been said, and yet, praise keeps arising from our loving hearts. Let us not deprive them of a unique moment. Whatever is planned for these writings, only love – as expressed here – matters. It is the fruit of the Divine. Let us be immersed in Him, surrendered and confident in our becoming.

M: My Master, after a long process under your guidance, you have completely conquered my heart. What life has in store does not matter; it is fitting to surrender here. Isn't it the disciple's strength? You are a living example of it in relationship to the Divine Babuji Maharaj. Thus until the end, my heart will try to follow you, with utmost humility."

B: May the whole Earth benefit from your divinely inspired songs. Such is our wish for humanity that is lost in its current wandering in this illusory world, so far away from realities, waiting for an overall and liberating regeneration. So be it!"

Tues Sept 25, 2007 – 10:00 a.m. This collection of messages is 'the Ultimate Song', with which we favour our faithful readers. There will be many of them, even if the troubled and superficial life of this time suggests the opposite. Nothing is useless in this area; the divine laws are immutable, however they may appear, and make light of men's fickleness. Is there anything more beautiful than a soul awakening to the splendour of the Spirit? If humans knew, what wouldn't they give to complete the steps and enjoy this peace! The top to be reached is within them, intangible and sure, far from the eyes of humans and hasty judgements that are so often wrong. May new prospects unfold before all our brothers and sisters, preparing them for the heralded changes whereby the rules [prevailing] in this world will be somewhat different. It is among our prerogatives to sensitise people to these inevitable changes. The new era must position itself as such. Stagnation is not within our duties. At the dawn of new times, our teachings must take account of this and comply with the spirit that governs them. Humans will have a lot to do; they will have to adapt to new and disconcerting situations. Faith will be their supreme refuge; they will be helped accordingly. Our way provides for this.

Saturday, July 7, 2001 - 10:00 a.m. Earthlings must content themselves with what is within their reach. Some of them receive enlightenment, grace, which enables them to tackle some topics with greater discernment, with regard to the true nature of man. Their degree of evolution makes this possible, though they remain strangers to great truths – which anyhow would not serve the purpose of their personal work. As advanced as they may be, every individual becomes incarnate for specific reasons and he should not let himself be distracted from his objective. Too much knowledge would not help him. He must continue on his road and avoid any useless waste of time. The sage puts up with his fate, with what he benefits from his present life in terms of means of transformation and evolution. Each life is very rich in that sense; it gives to human beings the opportunity to progress in acceptance and for the good. Will the resulting [acquired] asset tip the scales, will the assessment be positive, and will this aspect prevail in the end? That is what we hope for our aspirants who already know where they belong as concerns important aspects decisive for the success of their life. We grant them the possibility to make a success of it; they are privileged people.

Wednesday, September 12, 2007

SE: One door closes while another one opens. Hasn't it been so since the beginning of this story of messages? So let us wait, as he sees fit. Let us look forward, towards His Greatness. Doesn't it fill our hearts with wonder, to the extent of leaving them in a joy that is mystical and unequalled! We only wish to work in his wake while meeting His wishes. May He employ our hearts as He pleases; serving Him is their utmost happiness.

B: How could we not carry on – according to the current possibilities – with these exchanges where your hearts merge together in the Immutable Peace? Though they take place less frequently, these contacts remain intense and try to give a sense of the power emanating from the Great Celestial Heart – the driving force of any life, wherever it takes place. Our brothers and sisters will feel the intensity of these unique moments provided solely by their inner state. Blessed with this special grace, you enjoy a divine feast. May you draw abundant food from it, one that is unparalleled in this world of darkness!

M: O Babuji, you delight my heart. Between yours and that of my divine Master, it feels happy to exist, to love and to put it in writing as per your request. Its dearest wish here below is to express its love to you and to repeat it as its ultimate song.

Thursday, September 27, 2007 - 4:00 p.m.

SE: The kingdom of the Spirit conceals secrets, which man cannot fathom. Lush, creative, its subtle energy would disconcert the most informed seekers of this planet Earth, who are so far from the realities offered by it. How will tomorrow's man be able to apprehend the truth? His mind will need to open up and not neglect the hints aimed at helping him to access it. He will be able to seize, to some extent, this extrasensory dimension that will clear his way to knowledge. Distracted, disconcerted, he will have to adapt without any preconceived ideas, leaving behind all that he imagined within the narrow limits of his view of things. His following a spiritual way will enable him to get used to it and perceive the subtleties of a system beyond the scope of his current comprehension. Our way is a forerunner; it prepares our aspirants for a future change of dimension of consciousness which tomorrow's man will have to cope with, on pain of regressing irremediably. Humanity must rectify its trajectory and advance in the right direction. Nothing will happen without difficulty; how could it be otherwise? Precisely speaking, the confrontation between good and evil will be epic, and constructive in the end. May the time of the transcendence of the Spirit come soon – it will ennoble the souls that are marked with the divine seal.

Friday, February 25, 2000 - 5:00 p.m. You do not waste your time when you meditate, my child. Be very assiduous in your practice, it can only make you feel better. Meditation also helps the physical body; it unravels tensions. Do not worry about all these problems; they will be largely mitigated when the moment has come to start your new mission. One should never despair; did I not already tell you that? Life holds surprises. Therefore, be strong and patient, that is how we love you.

Wednesday, March 1, 2006 – 10:00 a.m.

In the long run, when you have seen the impact of these messages in hearts, you will understand why there are such a large number of them. Isn't life a ceaseless repetition of all the most insignificant acts that punctuate the days? Everything is constantly renewed; such is the manifestation of the creative power, not well understood by men. How could they grasp it, when it is not recognised as such? The mystery remains intact on this aspect. That is how it is in this cycle of darkness – a trying one for humans as they are cut off from a fundamental reality. Based on wrong assumptions, they develop theories, leading them to building a world according to a personal vision of things. Convinced of the importance of their knowledge, they go beyond this planet and try to conquer space with a domineering mindset, aimed at laying down their laws. One day, they will necessarily admit to their limited knowledge based on erroneous basic principles. In many circumstances, men act like the bad characters of science fiction movies that come and persecute Earthmen. This is a popular subject with an audience that plays at conceiving scenarios, like children – which they have remained. We have repeated this before, the evolution of the Earth has not yet gone beyond its elementary stage. May humanity grow in wisdom and rise above the baseness of a world doomed to the worst torments if it does not radically change. The era of an unprecedented open-mindedness is on the way. It will emerge out of suffering; everything will have to be re-examined, transformed, in terms of the vision of things and the application of highly spiritualised principles. The world of matter is preparing for its mutation; it will take long and will be testing, as is proper in such circumstances. Let us work towards that change for the elevation of men into a better world, where eventually they will be able to blossom and live in peace.

Saturday, September 29, 2007 – 10:00 a.m.

You have come a long way through the twists and turns of the spirit, and you have tuned in to us, day after day, with greatest steadfastness. Without this steadfastness, nothing would be possible. The very principle of divine service lies there, through perseverance and surrender to this unequalled power. Each movement of life on Earth operates under the effects of this force. Slowly but surely, this force carries on its ceaseless struggles to make life prevail. Its work is spectacular; limited by his smallness, man can only perceive a negligible part of it. Being a spectator, dazzled by what he can see, he happens to linger, amazed and won over. Is he sufficiently aware of what surrounds him? How could he; he is himself only a modest element of this imposing manifestation. All creation is one, indivisible and coherent in its principle. Does man, supposedly more evolved, respect what exists in this world? Is he aware of his unity? How could he be? This state of consciousness, precisely, must change. Once he has reached that stage, he can only progress on pain of regressing definitively. May all of humanity reach its peak!

Wednesday, October 10, 2007 – 4:00 p.m.

SE: Keep heart, don't give up. Go beyond your human condition in these moments when our hearts are united in search of the Ultimate Beauty, the source of their inspiration. The appeal is becoming more urgent; it carries us onto the shores of the sacred where, according to our wishes, the ritual is accomplished. A stage has been reached; it is humanly indefinable. Its purpose is a truer vibratory harmony between us, thus refining the perception in these contacts and fostering communication. Do not put up any resistance to this work; it is our Beloved's wish. What can we refuse Him, He who is the centre point of our thoughts and our lives? This is how they develop: it all starts and ends with him, under his constant and reassuring inspiration. Thanks to this inspiration, we can put the vagaries of everyday life into better proportion. The continual movement of life ends up unsettling the strongest human being. Only the intervention of the divine power of the Immutable makes it possible, in many circumstances, to face the illusory and uncertain nature of the future. You have reached a new dimension of consciousness. Your perception of phenomena is enlarging and puts us in unison whenever necessary. Manage this new stage as best you can; it corresponds to the wishes of our Divine Guide. What wouldn't he do to put us in tune, a little more each day? We are surrendered to him, more than ever – thus all is well.

B: You will soon perceive the effects of this work. Your Master is applying himself to that as well as possible. This adjustment corresponds to a new stage, one that fosters your progress as well as the work we expect of you. All is not finished as you believe; you have yet to write another beautiful page of this history. Rejoice, my daughter, and love us infinitely.

Saturday, October 13, 2007 - 10:00 a.m. My child, you are emerging into life, an imperishable one, the divine life in its fullest magnificence. Open your heart completely; we are adorning it with the most beautiful luminosity in this blessed circumstance. Let love overwhelm you and carry you away, far from this world where you are subjected to the evils inherent in this one. Regain stature and overcome your ordeals; they are only temporary. Your ideal is elsewhere, you know it, and it develops each day, under our ceaseless blessings. So, please taste, relish this love and love us, above all. (Later) These messages, which you consider as 'personal', have their *raison d'être* and as such, they should no longer be hidden. One day, they will be put together and they will help to better understand certain aspects of the long history of these messages, when, in the future, they are thoroughly studied. More than anywhere else, nothing is vain in this domain, so do not forget it.

Friday, October 26, 2007 - 10:00 a.m. Not reading a message after a meditation is tantamount to not reading the Bible during a 'religious' service." (Later) This aspect of things must be considered; our way is at the beginning of its expansion in the world of humans and it is winning over hearts at its own pace in an irreversible manner. The impact of these messages will become critical to our readers. The vocation of our Mission is engraved in time and space. Since its soaring years ago, each of its constituent elements has done its level best to serve it with the means it had. Thus it appears at the dawn of this century, with all of its potential. The ruling Master, chosen and elected, is its spiritual heart. His objective is to lead it to the pinnacle and nothing must be neglected for that. These writings are an addition to what exists already, and beyond Master's action, to various levels of consciousness, a method capable of taking our aspirants to the required goal. May they all reach it to the full, trusting in their guide and our system - which befits the new era.

Saturday, October 27, 2007 - 10:00 a.m. We must adapt to your habits, you Earthlings, who have odd ones in certain areas of the Earth. This 'daylight saving time' must be taken into consideration in our contacts, but it is no obstacle to them. We are here no matter what happens, you know this. Humans make life terribly complicated for themselves with these kinds of habits that do not change the face of the world, but more seriously disturb the biorhythms of the human body in a world already so unstable in some other respects. May our brothers and sisters, through diligent practice, maintain their vibratory balance in the face of the multiple disturbances that affect them. Distracted by a life not respecting the basic rules meant to maintain them in good physical condition, everyone must act as best they can to overcome it. Following a spiritual way is to find a true meaning to life; devoting oneself to it is a sign of praiseworthy wisdom. Our blessings are bestowed on all, and it is up to everyone, according to their state of heart, to receive them."

Monday, October 29, 2007 - 10:00 a.m. Your life is exactly as it should be - with these constant tests which have moulded you as per our expectations - appropriately fulfilling your mission. Suffering refined your gifts; that is how it had to be, and you accepted this. The contract is thus fulfilled and you have nothing to complain about, so it seems. A lifetime is short; what you will leave with these writings will defy time and your heart can rejoice about it. Looking back, their rereading makes you eventually realise the importance of this work. Our brothers and sisters, are they really ready today to appreciate it at its true worth? It does not really seem so for most of them. How could they? Man should regain more effective acuteness to assess what surrounds him, in particular through interiorisation - that can temporarily keep him away from the ill effects of a civilisation that is excessive in every respect. It is proper to do one's best under the circumstances; our aspirants have devoted themselves to it. May they all be strengthened and enlightened in their quest for the Absolute.

Saturday, April 10, 1999 - 5:00 p.m. You are going through a difficult stage. We surround you in a particular way. You will soon benefit from all this work. You are purifying yourself; your various bodies are being divinized. Do not hesitate to write it; it's reality. You will arouse envy, but has it not been always the case throughout your life? We are moulding your soul like a precious stone, so that it becomes a pure jewel. Can't we be satisfied with our work? You will have to get well accustomed to this kind of comment about you. Do as if you were not concerned, thus you will not feel embarrassed! Be at peace, my child. See you tomorrow.

Wednesday, October 31, 2007 - 10:00 a.m.

We have been advancing on this 'way of the messages' for a very long time. They emanate from a dimension beyond what is perceivable by the majority of human beings. Any story comes to an end, and so will ours; it is in the nature of things. You have fulfilled your mission, my daughter, beyond our hopes. Only through an exemplary tenacity could it be brought to completion. All seems to be said; it only remains to disseminate these writings within the Mission, and one day, they will spread beyond its framework. We will remain in contact and we will keep expressing ourselves to our very dear son through this channel. He is accustomed to this timeless speech that comforts him in his heavy task. Until the end of his Earthly lifetime we will be with him, before he rejoins the celestial fields where he will be able to fully assess the extent of his Mission on Earth. Having handed the torch over to his chosen successor, he will be entrusted with another mission, that of guiding him, of being by his side at every step and supporting him with his love to achieve what must be achieved, under our blessings.

Sunday, November 4, 2007 - 10:00 a.m. These many messages are our treasure; it is time to become truly aware of this. This abundant crop is meant to nourish the hearts of our brothers and sisters, and that for a very long time. These messages will take on their full meaning when the world of humans has reverted to a more correct view of things. We are constantly repeating ourselves, and we have to, given the current picture of this civilisation having lost the true sense of values. Many human beings are suffering for many reasons, including all sorts of excesses capable of destabilising the strongest ones. A contemporary sage said that only spirituality will save the world. We fully concur with these remarks. That moment will come; so is it planned and all of us here are preparing it as we care for the future of humanity. A critical step is yet to be completed; it will not be without difficulty and many human beings will not be able to cope with it. May all our aspirants be strengthened in their practice. It will help them to face and adapt to the new laws arising from the emergence of an energy that will characterise the future era.

Tuesday, February 1, 2000 - 10:00 a.m. In these 'confidences,' we will be able to express ourselves more freely, in a more concise way, and we will not have to pay attention to the reactions of one another. The circle becomes a triangle, and so we wish it to be. We know that Christianity is a sensitive issue, particularly in Europe, still fed with its taboos which are such that guilt still reigns forcefully, creating deep troubles. A true spiritual approach is beyond this way of functioning. In our way, it is about cleaning, liberating and acting in such a way that your hearts open up to the beneficial rays of love. We ask you to act in the right direction for your own evolution and for the good of beings that you rub shoulders with. We are not there to judge, to either absolve or to make guilty. We are not a religion, and we really hope to never become one. That is why we fear for the future. Humans like to innovate. Deviations would be ominous for the simplicity of our system. May you all be vigilant on this point.

Saturday, March 11, 2000 - 10:00 a.m. To us, you are a beacon with a limitless light-range. This is where lies your difference from those marking out the entrances of harbours and reefs. The light you reflect has an immeasurable range. It knows its objectives and its targets. All this work is done almost without your knowledge. You suspect something like that, but without really trying to know more about it; we appreciate that. We give you this information to help you endure this isolation which weighs on you. We bless you.

Tuesday, November 13, 2007 - 10:00 a.m. My daughter, the answer to your query is that your time of respite has not yet come. Everything in its own time. Remain focused on what you have yet to achieve in spite of your physical tests; this is part of your journey in this world. Accept anything good that comes your way each day, see only that and offer the remainder to the powerful forces that animate any life. This is typical of surrender, without which there is no true spiritual path. Each one of your steps is embellished by graces bestowed on you. May they be your strength, your reason to serve us beyond this daily writing, which is nearing its completion. Another space is opening up to you in which you can exercise this noble inclination to help your fellow creature in many ways. May your wishes on this aspect be fulfilled; it is appropriate for us to grant them. Be blessed.

Wednesday, January 23, 2008 – 10:00 a.m.

How can we be weary of a song of love faithfully repeated? Complaints rise towards us all the time, expressing nothing else. A faithful heart goes on its way without expecting anything more than to love and to write. Reading such may perhaps encourage our aspirants to follow this way of love. It will become the hallmark of Sahaj Marg, satisfying all those who follow this way of love without really expressing it. Laws and rules are to be observed for the smooth running of an important Mission like ours, without excluding what will become its distinctive hallmark. My son and his successor will maintain this sacred flame, in a world that is so tough and hostile towards man. Our Mission will become the spiritual refuge they will need to face up to things. It is up to each one of our brothers and sisters to let their inner best express itself, by uniting with this extraordinary force, the importance of which they have neglected for too long. A lifetime on Earth is short; may they all realise how very important their spiritual commitment is in the face of the precariousness of a momentary incarnation. Such is the wish of all of us here.

Thursday, February 24, 2000 - 10:00 a.m.

Blood ties partake of chance, in our sense of the word. Heart bonds cannot be explained in a rational way. They are the fruit of a very subtle alchemy which man cannot define and which originates in the mysteries of a life beyond life

Sun, Jan, 2008, 10am

B: Can one be weary of singing divine love – your heart is craving only for that: to immerse itself completely in Him, the eternal source of life. Your Master is filled by it; his soul exults in being thus nourished. Is it not his elixir, his strength here below! Why would he be weary of this speech, his entire spiritual being is yearning for it; his soul blazes under the ardent fires of this love, finding in this way a different means to express itself. Where better than in these messages can the beauty of his soul unfold! Few of the Great Chosen Ones before him had this means of expression, dissociating the human person from the higher and spiritual reality of the divinized being. How can one better define him – these writings are revealing; his successor will find in them the best substance that allows him to see himself in his Master. This celestial manna is not given in vain; it will teach and help many hearts to follow this way of love, which future humanity will be able to claim. Such is our celestial gift, with very special blessings.

SE: Our hearts, instead, do hear; they merge in this moment when we are overcome with grace; our Beloved provides for it. Words do not matter, and yet aren't they the outer signs of these unparalleled mystical impulses? When the soul is thus quenched at the Source, all the rest seems vain, save for love, this rare energy. It lays hold of an open heart, without further ado, and gives it its true dimension. Thus are these unique moments, lived and offered to the divine heart of Him who inspires them.

Tuesday, February 26, 2008 – 10:00 a.m.

The heart's straight 'talking' is made of simple words; spontaneity is its guiding principle. Nicely crafted sentences can miss their target, when they are based more on rhetoric than sincerity. The language of the heart has its own subtle aspects; its followers know how to decipher it and wisely drink it in. Time will not change that; thus has it always been. These writings, as a whole, will be able to touch them. They will touch our devoted readers, who will find food to feed their faith. For this, repetitions are necessary. They form the web of life; they build it and reinforce its foundations. Each one of them brings a specific touch to the edifice, hence their absolute necessity. They meet its expectation and allow the subtle being who feeds on them to open out with the passing of time. The spiritual quest is made of these moments when the soul is united with the Creator, through its Master who guides it on the path to realisation. The only purpose of all these words, these expressions tirelessly repeated, is to help the soul in its unquenchable thirst for the Divine.

Thursday, October 4, 2007 - 10:00 a.m. Divine love is the most beautiful energy at man's disposal. Is he aware of it? He cannot truly be. His perceptions are not sufficiently refined. The subtlety of this unique power escapes him at the present stage of his evolution. The beginnings of very big upheavals have started to be felt, and they unsettle the human being's precarious balance. All can feel them, by and large, according to their frame of mind and their receptivity. Many changes are ongoing in the universe where nothing is static, more particularly during phases of sizeable mutations that largely escape the best-informed observers. Creation, no matter what seekers think, keeps its mysteries. They would be quite surprised to approach a reality that altogether escapes them at this time. Man has his own limits. Even the most gifted and the humblest ones recognise this, whereas others take pleasure in believing the opposite - to each their own truth. May all humans advance on the way to true knowledge, the only one worthwhile. May it please God.

Monday, September 11, 2000 - 10:00 a.m. Haven't I already told you that perfection doesn't exist in this world? Your struggles towards this state are more important in our eyes than the goal itself. They generate various states that you experience, sometimes getting out of them victoriously. All the work you're doing to this end is bearing its fruits. Perfection granted at birth would be anachronistic here below. What would be the challenge and the reason for this incarnation? Even the missioned ones have to experience this challenge. They must face up to things and show their weaknesses in some circumstances. They are edifying for those who can understand the underlying reasons for these manifestations. They are part of an evolutionary process specific to the necessary movement of this planet. Everything must move, evolve, improve and sometimes retreat to start afresh. Life manifests itself through its incessant change. Humans cannot escape these laws. Therefore, consider yourself an element among these fantastic mechanisms that make the world move.

Sat, April 28, 2001 - 8:00 AM Vivekananda: I venerated my Master Ramakrishna, as few disciples did. My love for him is eternal; these bonds are indefectible. I often appeared to your Beloved Babuji who had also this faculty of communicating with us, when he was on this Earth. All of us here are working for this Mission, which you love and support. This path is a simple and efficient way, given again to the men of this time, to allow them access to higher levels. It is not demanding; it is entirely accessible to anyone who is willing to take the trouble for it. Keep on focusing your life on love, as you are doing since a long time. It is at the root of any process that is well understood, and yet love is not innate in every one. One has to call it intensely and make it one's daily food. To quench one's thirst continuously at this source, with the practice of Sahaj Marg, brings convincing results. The opening of the heart calls the grace. Love attracts love. It is a magical circle that is established between the being and Divinity. Love magnifies everything. You have my Master's blessings who, a long time ago, managed to touch your heart, leaving in it a lasting impression. Be blessed, my dear sister, continue to work for us in your own way which we do appreciate.

Tuesday, February 21, 2006 - 10:00 a.m.

The negative effects of this world affect all human beings and this process is intensifying. How can one escape it? Generally speaking, the question cannot be answered in the current state. Spiritual life is a recourse. It brings a balance; interiorisation brings about calm and detachment from disturbing elements. This serenity helps to face up to things and stand back in many circumstances. Today's man is confronted with a constant and growing negative charge. How will he cope with it in the years to come? Insidiously, these disturbing waves unsettle humans, as they do not realise to what extent the effects of a so-called progress affect them. We can only note it and warn them. It is up to them to protect themselves as best they can. A whole process has started on this Earth and nothing can stop it. Men are mainly to blame and will have to suffer the relevant consequences. One cannot defy with impunity the natural laws; the effects of this situation will be painful for all. That's life in its manifestations; the principle is basic. The big changes in this world result from a set of facts where man will be the determining factor in this century. All that lives here below is interlinked; many have not yet understood it. All of creation is governed by the same laws and by one single energy linking the worlds, in their subtle and essential aspects. What affects this planet results in a phenomenon of significant decline spreading in an alarming way, on all levels. It endangers an essential balance, surpassing by far what relates to this planet. Without real awareness on this issue to limit the damage, the consequences will be heavy. That is the way it is.

Wed, July 4, 2001 - 8:00 a.m. Open the door of this luxuriant garden where you like to meet us. Every time you discover something there, it is a special moment: an image, a tone, new impressions, which enchant your loving heart. Your soul is exultant, don't hold it back, drink from the cup, refresh yourself; nothing can compare with these blessed moments when the world surrounding you has no hold on it. Deep meditation leads to this state, which leaves in the heart a subtle mark distinguishing it from the others that don't know this treasure exists in them. Move forward into this discovery; there remain doors to be opened. As you know, to this end your Master has a free hand. You entrusted your heart to his care – do not forget – he will surely lead you where you aspire to go. You can surrender to his attention; one day, filled with wonder, you will open your eyes and you will discover another scenery, undetectable to your human eyes. Till the end, the spiritual life holds surprises. One has to climb up the path step by step and wait patiently for the right moment when all can be fulfilled. We are monitoring you in your rise and we encourage you. Be blessed, my daughter.

Wednesday, February 22, 2006 – 10:00 a.m.

Do not regret anything, my child; travelling brings only illusory joys. The wonder is within you; it cannot betray your trust. Go deeper into your quest of it. It is the only thing that is worthwhile. Your brother, Claude, has made his dream come true: to carry out what he likes at his Master's side. On his path, he is not spared difficulties, which everyone has to face. Any life has its own course. Following it as best one can is a sign of wisdom; finding one's Master is a grace that crowns it all. You found him; and more than that, is your heart not immersed in ours, through these contacts that make you join us, every day, with the means at your disposal? Be detached from the world; don't you find it more and more unbearable? Let your heart breathe out its perfumes, those acquired in our contact, in this love energy that it delights in. You cannot go out, but you are privileged by life, in terms of its essential and constructive aspects. Therefore, don't be sad, all is well. You know it: is serving not your sole goal? What do distances mean to you, since each day you join your Master in these contacts of which many would be envious? They are very productive, and they generate a beautiful series of messages – this fact is not common and this series satisfies us. Our aspirants will benefit from these messages, when the moment has come. These writings will open up their outlook on their future beyond a momentary incarnation. All has its *raison d'être*. Your contacts do not take place in vain; they pave the way towards the openness of Spirit, which the new era will bring about to humans bogged down in the grossness of matter. There is a time for everything. Let life do its work, within its remits. Be blessed, as well as your helpers in this exacting work.

Thursday, June 21, 2001 - 8:00 a.m.

My daughter, you have done what we expected of you, we are satisfied, your Master too. You are now in the state of mind of a fervent disciple. All our candidates do not arrive at this as soon as they enter the Mission. Most of them have to carry out a very long work before reaching this critical point of *sadhana*. Full confidence and surrender to the living Master are a major asset. It can take a lot of effort to arrive at this stage; total acceptance is not spontaneous among the majority of our brothers. We are happy to see them in this state of mind. When they have reached it, the situation is no longer the same. Once this fundamental aspect is established, they can advance in greater serenity. We cannot force a soul to make a choice; it must decide itself and act according to its aspirations. When it has reached this decisive stage, it takes a leap and engages itself in a very long career, in complete union with the chosen guide. Another work can then start, as all resistance is abolished. Be blessed especially, you who arrived at this climax of your spiritual process.

Fri, Feb 24, 2006 – 10:00 a.m. The egregore of the Mission is growing, more as an attractive force than in terms of the number of participants – for the present time. It is thus consolidating its position in this world, establishing solid foundations therein. These foundations are essential; the Spirit must work by preparing an era of openness and widening of the collective consciousness, without which humanity cannot progress. An immense work remains to be done. Our way is taking part in it through the spiritual commitment it offers. Its features go in the direction of this elevation, which is unprecedented in the history of humanity as it is currently known. Our aspirants cannot easily figure out what humanity will be in the future. The main thing is to take an active part in this movement by fostering its rise through satisfactory personal work within our way. The process is taking place slowly, and yet so much progress has been made since the first members of our system. Have mentalities changed among our abhyasis? These mentalities follow the general trend that is fostered by the work being carried out in our Mission, and they benefit from a transmission of divine energy, specific and instructive. Our brothers and sisters – in and of themselves – are strategic points in this vast system of transformation, which the majority of humans cannot yet perceive. To be on the path, in our way, is to join an ascending movement, which the futures of our abhyasis will benefit from, irrespective of where they are located. By being vibrationally refined, they win a privileged space, partaking of this salutary and liberating movement. May they all be carried towards the highest summits!

Thursday, August 18, 2005 – 10:00 a.m

You are my blessed daughter, and for this reason, you have the advantages and the disadvantages of the situation. Your love does not fluctuate according to what you experience in life; it is limpid like a cloudless sky unaffected by turbulences occurring here and there. This kind of love is of a rare essence, which makes hearts fragrant that are eager to be nourished with it. This long process through the messages will have focused on human weaknesses, but also on the potential possessed by humanity as a whole. Such potential prepares it, in spite of everything, for a future that will raise it above the miasmas of the current world. Everything possible must be done to let the best emerge from all beings, in spite of themselves, if need be. The positive must emerge from the current cesspit where men and women are sinking, grappling with the torments of a mad system contrary to any codes of ethics. Our role is not to act as moralisers, but to draw attention to what drives humanity on the road to ruin under the pretext of freeing them from constraints of all kinds. It is nearing a crucial point of its history where all can plunge into horror. What will be the outcome? It is up to each person to wonder about their life, its ultimate goal and the motivations that can make them act in the desirable direction. We can never insist enough on this essential point that is capable of facilitating the advent of a revived humanity – one that will have passed a critical stage, granting it another dimension of this perspective. May all our brothers pull themselves together and take part in this salutary movement; time is short.

Friday, September 15, 2000 – 10:00 a.m. Are you wondering what we can still have to say? These contacts have become a habit for you and for us too. It is our way of showing you all that we are not insensitive to your fate. We are worried about human beings, they are capable of the best and the worst. This world is given over to the madness of human beings. 'Progress' increases violence, and although there are noble souls emerging from this cesspool, we are worried about the future of humanity. God will have to hit hard to stop this mess and to bring humans back to more wisdom. Pray for a better future where spirituality could help your brothers and sisters plunged into the darkness of devastating materialism. Help us, not only by your prayers and an assiduous practice, but by an edifying behaviour which encourages those who are seeking to take the same step. Set an example of tolerance, faith and love; you will serve a great cause.

Sunday, January 23, 2000 - 10:00 a.m.

Listening to the heart rather than to reason is good, but up to a certain extent. You must rest if you want to complete this series; that is the way it goes. Take a rest, we will resume tomorrow. Meditate, my daughter; there lies salvation

Monday, August 15, 2005 – 10:00 a.m.

Come and take refuge within yourself, in this space of peace and love where your true nature can express itself without fear, and where the miasmas of this world are inoperative. Cultivate this rare energy that is referred to so many times throughout these pages. In the future, there will be an era of victorious love. Consequently, how could these writings, destined in the long run for the faithful seekers in our way, not be suffused with this love? Those of the present already made a choice, which corresponds to their state of soul and which prepares them for an unprecedented change. In the end, everything possible will indeed be done to contribute to it significantly. Souls are thirsty for the Divine. Man, conscious or not of this established fact, sometimes vainly seeks a palliative for this lack. All seems to be in league against him: ordeals of various kinds constitute, for humans, the largest breeding ground to meet this requirement. Suffering, whatever its cause, refines vibrations; it is the very principle of evolution. Your heart, my child, is the ideal receptacle for these messages. Life did not spare it; it suffered, it loved and fought to face up to the multiple torments generated by a process specific for its evolution. In finding its way, its Master, it found peace. It knows it is guided and loved, and moreover, chosen for a mission consisting in receiving what our hearts inspire in it. Things have come full circle, so people say in this circumstance. May it complete its process in serenity. It is not always easy to revel in this state. Life is there, present, and it unceasingly upsets the serenity of the best-equipped people. All our brothers are accompanied on their path, although we cannot spare them every thing; they have our ceaseless blessings.

Wednesday, November 18, 2015 – 10:00 a.m.

Forget this world during these unique and blessed moments, when by divine grace we can express ourselves, and for good reason. Our choice was not made in vain, you can be sure. These writings will remain unique and the characteristic feature of our Sahaj Marg Mission. This is worth repeating since our words do not seem to be heard. No matter – let us proceed on the journey, where grace carries this pencil that is exclusively surrendered to our will without any preconceptions whatsoever. May all our brothers and sisters find a little time to devote to their practice; it is a necessary pause in their lives for their spiritual advancement. It is important, you can be sure. One day, they will be able to assess its effects and enjoy the benefits it provides. Everything is accomplished in the silence of the heart, far from the noise of the city and the multiple diversions that everyday life brings. These many aspects attract one's attention. It is not easy in such tormented times to evaluate things and, especially, to not neglect the essential. Far from the noise of the city – of life, quite simply, and the unrest it produces – what is essential to human evolution is being developed. Everything is moving forward at its own pace in accordance with divine plans that have been known for all eternity to lead where needed – to the development of a better world. We are working towards this, in a small way compared to this power, but our intentions are gradually materialising. One day, they will succeed in prevailing permanently. May grace flood the hearts of all our abhyasis and carry them to the highest

Wednesday, August 17, 2005 – 10:00 a.m.

Interiorise yourself, my child. Only there will you find peace, that which your soul is craving for. Peace is not of this world, you know this. It escapes, being a subtle essence that has nothing in common with the heavy vibration of this world. Let your spiritual heart be fed with this subtle essence, as much as it can in this very special contact with ours. By reading us, our brothers and sisters who are sufficiently attentive will feel the effects of this vibration produced by our remarks. We did not give you all these messages, which have accumulated over time, without their resulting in very beneficial effects for our Mission. Happy are the wise hearts that can appreciate a simple speech, divested of aspects that are useless in the context that interests us here. Man of the future will be able to put things into perspective and return to a sense of simplicity capable of satisfying them by enlightening them about their destiny. Our spiritual way will keep growing all over the world, which is thirsting both literally and figuratively, and coming up against countless difficulties that today's man cannot comprehend. Today's man keeps complaining. Always dissatisfied with what constitutes their life here below, they cannot see the uniqueness of what it offers to them in their process of initiation. Will they need to lose everything for them to become aware of what they had? We have made enough predictions; we don't need to insist any more. Will they touch our readers to the extent of making them change? It seems not, therefore, come what may.

Thursday, September 13, 2001 - 10:00 AM My son reacts to the present incidents as a high level spiritual Master must do by appealing for wisdom and love in response to this hatred, virulent scourge of the world. What can common mortals do, isolated and helpless in face of such attacks? This barbaric act sounds the death knell for human liberties. As we have just said in the previous message, there are limits not to be exceeded. And yet, it will be necessary to go until the end of this cycle, so that irremediably, this murderous madness is brought under control. You can only act by developing love in your hearts and building therein a worthy and equitable world blossoming through faith and a highly spiritual process. Only it can bring the greatest hope towards a happy humanity. Wake up, if not yet awakened—your time of action towards redemption on this Earth is numbered. You have all our blessings.

Friday, January 14, 2005 - 10:00 a.m.

Would humans tolerate powerful machines being sent to the Earth on an experimental basis? These facts are fraught with consequences; the madness of humans is boundless. Believing they are alone in the universe, they act without discernment. Astrophysicists are getting more and more excessive; that will cost the whole of humanity dearly. The recently carried out feat will generate, once again, a series of reactions of cause and effect; it is in the nature of things. The cup must be drained to the last dregs, as they say, to expunge the evil. This movement cannot be quelled on the Earth; nothing will stop this frantic quest. Man is insatiable and his interest prevails over all. What importance does life have for him? It does not carry any weight for him. Only highly spiritual values could change the face of the world; what is going on today? Many human beings are awakening to a higher level of consciousness. It is a start on a path capable of propelling them to another level. The transition will be hard. It can only occur in a special context. The movement is starting and it will take its course. A spiritual way like ours is an integral part of it. Its vibratory niche is appropriate to present and future times. It pertains to that great redeeming project where an enormous undertaking remains to be done. In the current context, all our remarks can seem devoid of meaning; how could aspects that completely surpass today's man be taken seriously? Many of our brothers are progressing; the future has not yet started to surprise them. What is important for them is their personal work, focused on their spiritual growth.

Saturday, August 20, 2005 - 10:00 a.m.

Never lose confidence in life, in its power of regeneration. We have repeatedly stressed this aspect throughout these messages. If they read them carefully, our brothers will find in these messages elements capable of making them reflect on the precariousness of their Earthly existence. Consequently, their life choices will be decisive. Will they trust us and will they commit fully to the process of their evolution? It is up to them to decide; we will support them whatever happens. The era of an effective spirituality, decisive for the history of this world, is particularly in the offing, allowing one to anticipate a surprising transformation at all the levels. Some aspects of this transformation are currently in place. Though still imperceptible, they are nevertheless preparing the future of the world. How could this world sink any further into decline, into excesses of all kinds, limitlessly, unrestrainedly? Helping our aspirants remains our priority here. Their current choice of life places them favourably in this great arrangement where they are trying to define an acceptable place for themselves. A true spiritual process is a solid anchor in an era of transformation that must take place for the good of all. Leading our brothers into reflection and efficient dedication, such is our goal, as above all we wish for their good. In this respect, our ceaseless repetitions are necessary, come what may!

Tuesday, January 11, 2005 – 10:00 a.m.

Only complete surrender can lead to this faculty of receiving us as you do. Gifts are associated with a preparatory phase and total commitment. Love haloes these contacts; it is the essential element for that success. We have come a long way together; time has flown and it is good to note that the minds of our aspirants are opening up towards the dawning of a more general evolution. The elements are moving. Upheavals are in the offing and human beings are imperceptibly adjusting to new energies heralding future times. The most sensitive humans feel it, though they can be unsettled by those unperceivable but active vibratory movements. As per the pace of this planet, preparatory phases are slow, and then they lead to dazzling effectiveness when the moment comes. Planets must be aligned with the new lines of force, thus foreshadowing the new era that will dismantle the characteristics of the Earth. A continent can disappear and another reappear. Nothing can resist the divine powers when the laws so require. Man, so small, must go on his way, preferably a spiritual one and, especially, a constructive one in terms of his evolution, which determines his cycles of life. Our way has its own vibratory niche. Souls that are ready to join in it can find their spiritual identity, necessary for an acceleration of their progress. Our ceaseless blessings are bestowed on them.

Friday, August 26, 2005 – 10:00 a.m. Everything on Earth is being established from the point of view of a planned evolution. Times are becoming conducive to this mutation that requires significant changes. Are human beings ready to follow this movement? How could they? Caught in their habits of life, they are afraid, above all, to question themselves in the many aspects of their personalities. People commonly do not see the need for these changes; even if they can no longer bear the current world, they cling to what they have, without any further requirements. A new cycle is dawning; it is taking shape in the vibratory foundations of this world of materiality. The facts are inescapable; no powerful man on Earth has a say in the matter regarding these circumstances that depend on higher authorities in charge of a universal balance. No disruptive element can ever remain for a long time on the margins of normality, especially when it stands out in an alarming way. In this vast system, there are rules that have been laid down; if they are not respected, there is the risk that they will sweep away whatever infringes upon them. Humanity must be cleansed, in all possible ways; man himself is associated with this situation, as he does not respect anything that nature generously offers. May all our brothers become aware of the situation and comply by respecting life in all its forms and standing together in the spirit of creation. The human being has no superiority over anything whatsoever, let alone over their fellow creatures.

Saturday, September 16, 2000 – 10:30 a.m. Why not follow this medical opinion? Considering the situation you are in, it is an experiment worth trying; this painkiller does not seem devastating. Your nervous system, in addition to the rest, is tired by so many trials and sufferings. One will never know how much of yourself you are giving in these contacts, and the energy required of you in taking these messages. Your fellow human beings see only the good side of things, they cannot even imagine the reality and the disorders it causes in the physical body. For you, my dear child, only service matters. We like this generosity and your way of advancing against all odds. This anthology is taking shape thanks to your perseverance and your courage. The hierarchy is watching and they appreciate. You offer your gifts to our service and the result is satisfactory. These collections have taken shape; one day, they will be at the disposal of those who will want to read them and especially those who will know how to read them. At that stage, we will not be able to do anything else; only the goodwill of each one will matter.

Thursday, April 22, 1999 - 8:00 a.m. Man of your time is continuously nervous. Stress generates disorders on all levels. How can he better manage it and rejuvenate himself except by putting himself in harmony with the Creator! Restore your equilibrium by calming your mind; control it through meditation. It is not an enemy, but don't let yourself be overwhelmed by its ramblings. It is like a fiery horse that you can control. Put things in perspective; it [mind] should not lead you any more and devour your energies unnecessarily. You have better things to do. Focus on the elements, which seem important to you to obtain the best results. Calm things down; avoid to be caught in a trap. Try to be well with yourselves; that can change your life to the better.

Thursday, July 8, 1999 – 8:00 a.m. Time that passes has no return. One can never go back and start again to live such-and-such a situation. Do not forget this truth. You cannot make up for your mistakes: I could have done this or that, tried to understand this situation, this brother, this sister in difficulty. I have taken little or no interest in this problem; it does not concern me, etc. Every day, you all miss an opportunity to express the good in you. A smile, a gesture, a service that would cost you so little and take little time. But time flies so quickly, it is unreal, it passes; there remains only the gesture you made by letting your heart manifest itself. In your current way of life, you are always in a hurry, overwhelmed, overworked and tired, tired of yourselves! Rest your mind, you have not properly understood how you can all benefit from a true meditation that refocuses you, where the tamed mind – not completely but enough to make you reach a degree of inner peace – is then able to give you wings and the courage to act, for yourselves and others. Do not remain turned in on yourselves. Open your hearts on the infinite without forgetting the creature.

Thursday, August 25, 2005 – 10:00 a.m. Dear blessed souls, no, your discoveries are not over yet and they will only really start when you leave this world and completely enter a vibratory frequency corresponding to your respective levels. Your paths are not ordinary, unlike those of many human beings. Becoming truly aware of this must help you endure the heaviness of this world where you are incarnate and all the difficulties it will keep bringing your way. Not everyone has access, as you do, to vast horizons, where, beyond human limits, you manage to communicate by exploring other levels of consciousness. This capacity has been exceptionally granted to you. Who better than you can come back with reliable impressions of these contacts, and not sensational stories aimed at arousing the curiosity of our future readers. Remaining temperate in one's comments so that they are not distorted and misinterpreted is a priority. Your respective personalities meet this expectation. Our choices are justified by the rules of wisdom and a rigour that we all abide by here. The sensational has to be excluded from these writings. These writings only give an idea and suggest some elements of reflection, together with many hints likely to be perceived by our most refined readers, concerning a world that is completely unfamiliar to them. You are our elite 'reporters', in this business. May it be seen through to completion under your respective capabilities.

Saturday, April 17, 1999, 8:00 a.m.

Suffering is promising. Accept it when it comes. It is your best asset. It refines you. It is invaluable. One should not seek it, but consider it as a divine gift. You can really see that not everyone can read these lines. Yet this is what suffering is! Thank God. You are privileged to have been chosen. Your heart has softened; your soul has opened up to beauty. A happy life in the world would not have given you this result. We love hearts avid for the Absolute. Grace suffuses in them and carries them. Love us, my child, and say it; we are not weary of hearing it. This leitmotiv which resonates in you moves us."

M: "I would love to be able to repeat it to you, my God, until my dying breath..."

Walk on the enchanted bank, look at the sky, and call us from the depth of your being. We are there for you and for those who are in need. Advance, advance towards the light, with our blessings.

Wednesday, October 18, 2000 – 10:00 a.m.

Love is a vibration both subtle and powerful; it is capable of thwarting the unhealthiest plans. This force is often present in your life, more than you can imagine. Make sure that it develops in you and becomes in you a natural means of expression. This form of love can soften the most impenetrable hearts. Divine love manifests itself across the entire creation. It is like beneficial dew, which heals the wounds of mankind. It is a grace bestowed on men of goodwill who advance on a sinuous road, having agreed to fulfil a contract sometimes beyond them. Some choices are not easy to assume and prove to be beyond human capabilities. All is counted in this world; the efforts of each one are taken into account. One should never despair of men. All, conscious or not, have the same aspiration: to rise above mud and be united with the Creator.

Tuesday, August 16, 2005 – 10:00 a.m.

Love feeds life – that which does not perish and whose substance is related to the Great Whole. It is the bond between the Creator and life in all its forms, each one of which has their specific characteristics though equally important to Him. All is to be respected in this world, which humans do not do. Imbued with what they believe to be their superiority, they destroy and kill shamelessly, often for pleasure and without any qualms. The created world is characterised by solidarity in its energies. They all include the same principle governing their many manifestations. Man, as a unit created for unknown purposes in this world, continues his evolutionary cycle with all the necessary attention. The goal is to make man climb up all the rungs of this long training process, raising him in terms of vibrations and bringing him to another status. All these subtleties are beyond the understanding of most incarnate beings, likewise for the other forms of life that are bustling about in their processes of existence, each species having its own process. All is orchestrated in a subtle way. Anomalies, as perceived by men, are rare and they have their 'raison d'être'. The human being, whatever his life and his appreciation of it, is an element of a vibratory mass that is considerable and essential to the balance of the whole. The complexity of all this does not, currently, allow a more detailed study, under penalty of appearing exaggerated. The guiding principle of these basic problems is unknown to humans, for the good reason that in the current state of their evolution, they would not understand the true meaning of it, both very simple and very deep, as far as the reality of life is concerned. God is Great is the conclusion.

Saturday, August 27, 2005 – 10:00 a.m.

Inspiring music, the works of great musicians of the past, delight your soul, my child, with what they arouse in it. Being receptive to beauty, your soul enthuses in following such music in the mazes of faith. When the soul is given the opportunity to express itself, it needs a food that can fulfil its insatiable hunger. Beauty in all its forms moves it, when such arouses great fervour in it. The ways of God open up to a person who loves the infinite and fertile fields where faith can be cultivated. There is nothing mawkish in these impulses of love; they cannot be controlled, as they emanate from a deep inspiration supported by grace. All that touches the soul falls under this state. It strengthens the aspirant in his unrelenting quest towards the ultimate fusion with the Absolute. Never repress these impulses of love; they increase and deepen faith, in the noblest and greatest aspects that exist. The appeal to the Divine manifests itself in all its forms, sometimes unforeseen. They are always effective, and no matter what happens, they bring one back to what is essential. This celestial manna coiled in the core of the being manifests itself at the slightest sign made in its direction. The beauty emanating from the Divine opens wide the secret doors of the soul. Reserve this very special food for it, my child. It cannot weary of it, quite the contrary, and the source for it will not dry up. Love, infinitely, and be filled with the delights granted to loving hearts.

Tuesday, August 23, 2005 – 10:00 a.m.

Beauty, that which has no equivalent on Earth, fascinates your soul. The music of the spheres delights it; it is in this that it is nourished and finds life, the strength to be where it ought to be. My son is a poet also, a great mystic and a Master, and he carries you along in his wake and his enthusiasm to the divine source, in the heart of the Immutable. In these contacts, it is good for all of you to flee a world in distress and deprived of the essentials, to find again what your hearts are longing for. They prepare, in their own way, the times to come and all the changes they will bring. Men will have to adapt to new circumstances on all fronts – climate changes, means of existence adapted to that, and an overall way of life that does not compare at all with what it is today. All must change, it is inevitable. How will men face up to things when caught in the storm without a notion of the Divine? Times will be hard; they will have no other option than to realise their smallness in the face of divine power. All is being set up for an unprecedented mutation. A rare opportunity will be offered to all to rejuvenate themselves and adhere to the eternal principles of life. Our way is working to this effect, though its action is not humanly measurable. Nevertheless, it is an integral part of a great unifying movement, which we have already alluded to. All is being set up, imperceptibly, according to divine laws. That is the way it goes. May all be blessed.

Wednesday, August 24, 2005 - 10:00 a.m.

My child, our bonds are timeless. They carry us through the ages, where our destinies are fulfilled. This is illustrated by the history of these messages, which will mark a long period of time in helping humanity in its tribulations. A century of wandering will be necessary to put it back into a salutary and decisive context for its evolution. As you can see, your perseverance in serving us and your efforts are not useless. Today's man, assailed from all sides and caught up in a web of information, does not devote the necessary time to what could serve as a springboard towards another level of consciousness. The elements will see to cleansing the situation by cutting it off, if necessary, from a consumer society that is aberrant and destructive beyond human imagination. Caught up in a whorl of life and comfort, they neglect essential values and enslave their bodies to an alleged easiness that hinders a natural balance; this has repercussions on all levels of being. In the current state of affairs, humans cannot backtrack; only necessity will manage to do this. When and how, we cannot currently say; many warning signs are appearing everywhere on Earth. Human beings attentive to these phenomena question themselves; they consider them as the hand of destiny in the face of the sad situation of this world. May our brothers and sisters detach themselves from frivolity and excesses associated with this world in order to always go further in the conquest of the world of the Spirit; this Spirit will not disappoint them. May all be enlightened and strengthened in their process.

Thursday, January 6, 2005 - 10:00 a.m. My child, accept yourself for what you are in your physical body, in terms of the reactions it provokes in you. What is essential is secured: the Immutable Presence of the Divine in your heart must suffice to reassure you. Let yourself be carried like a leaf in the wind; does it know where it goes? Thus may your heart soar, being won over and surrendered to the breath which carries it! Its destiny does not matter. It is life in its endless renewal: it is born, it adapts and it changes as is proper. This is how it is, that's all. A being, through an incarnation, gets into a yoke restricting it to the Earth and to what it must do there. It loses the notion of its true identity; so are the divine laws and they cannot be transgressed. To accept one's destiny, without recriminations, shows a beginning of wisdom and respect towards the Almighty. It is not always easy to be fully oneself; one has to play the game of life with gratitude, whatever it is. Thus begins the way to an edifying and redeeming transformation.

Saturday, April 3, 1999 - 8:00 a.m. My child, you are getting through a critical step. Our union is more complete. We have already come a long way together. Rest on my heart, you need it. We cannot spare you what you are going through, we are sad for that, but we know that it is for your good. When you come to join us in this brighter world, you will thank us forever. Spend this day as well as possible.

Monday, January 10, 2005 - 10:00 a.m. Life is vibration; that knowledge remains to be deepened on the Earth. Absolutely everything is subject to this principle. This applies most especially to the human body. A serious approach to this reality would resolve a good number of health problems. Science neglects this truth; it follows the direction it has set for itself without departing from it, thus missing a truth known for a long time. Certain esoteric movements base their work on highly realistic principles in this area; they possess advanced keys, waiting for the moment of revelation. Humanity is advancing slowly, at the pace of the Earth's vibrations. Only a process of acceleration will allow a breakthrough in the deepening of the divine laws, ignored by the majority of men. The human race is weakening. Wandering more and more from a healthy life, it no longer respects the natural rhythms of life. It gets drunk on noise; it feeds on denatured food and is polluted on all levels, causing dysfunctions that disturb its physical and mental balance. For his survival, man will have to return to normality, to the respect of the divine laws which he ignores, by centring his existence on values where spirituality will prevail. To God nothing is impossible. He takes His time, but He strikes strongly, when the moment has come, to stop a process going against nature. This planet is not alone in the universe. It harms a very precise vibratory balance and it will therefore be necessary sooner or later, to stop it in its madness.

Saturday, January 8, 2005 - 10:00 a.m.

How would your life be without its spiritual dimension? Nothing lasts forever, except what is essential; a well-tempered soul will make no mistake about that. Keep enlarging the dimension of that life in you; there lies the only worthwhile treasure. Man bustles about. He often rushes towards illusory goals, motivated by interests that are well beyond what is necessary for some people. They seek to fill the empty spaces, to give themselves feelings of superiority and power. It is not easy for a human being to overcome his tendencies; they can easily emerge, even amid fine feelings. The way is long and more arid as he progresses, but it is blessed by divine powers. Choices are to be made, and in our domain each one has to face himself, as well as face the depth of his commitment.

Sunday, August 28, 2005 - 10:00 a.m. Your soul is receptive to universal beauty; a thousand nuances of the multiplicity of the worlds are reflected in it. By opening up generously to the Divine, one receives never-ending treasures that cannot be assessed in this artificial world. An incarnation is an opportunity for the expansion of the soul in its thirst for merging with the Ultimate. All must go in that direction. It is our absolute priority to awaken people's consciousness to divine realities; our way provides for that. The worlds interact with each other at unimaginable levels, hence the need for a total evolution of humanity. This requirement is getting stronger every day, given mankind's immaturity and ignorance of respect for life in all its forms. Mankind must grow and widen their vision of the world where they live, to align it with a very vast system escaping them completely in the current state of their capacities. Future times, with the broadmindedness they are expected to bring, will allow a more realistic approach to phenomena governing this world. Man will be able to find his bearings more intelligently in this context where he currently believes he reigns over life surrounding him. Man will have to become disenchanted and question himself completely, and also re-examine his relationship to others. A notable broadening of consciousness will shake up people's customs for the greater good of a stagnant and worrisome humanity, which is currently sinking. A great divine breath will bring necessary changes; these are awaited by many human beings who are no longer managing to find their place in a society that is currently drifting. May all our brothers become stronger in their faith and their motivations.

Tuesday, April 13, 1999 - 10:00 a.m.

M: "Babuji, was I not mistaken about my preferred saint?"

No, she is a great and noble soul. There is a bond between you and her; you love each other. You will not know more about this. You are a privileged person as I already told you. It is this burning flame in you that attracts and retains; only love can do that. From top down on the universal ladder, it is like blood flowing in our veins, without it, there would be no life! When divine nature overrides human nature, it is the apotheosis. This is where love leads to.

Wednesday, August 3, 2005 - 10:00 a.m. The time has come when men must know that it is possible to communicate with what they call the 'beyond'. The spirit does not die; only matter changes according to the laws of this world. The spirit is released from its dross, and it continues its evolutionary trajectory, according to its personal particulars. The new era will reveal, in many ways, the reality of these phenomena considered by many human beings to be a deception. God wills it so; all must change in this world, on this aspect in particular. Genuine mediums exist. We testify to it through these messages for the good of our brothers, all those who trust us and go beyond the generally accepted ideas on many subjects, including this one. Charlatans exist in all fields; this is inevitable in this world given over to all possible excesses. Humanity, while evolving towards good, will be released from harmful prejudices and will advance with a broadmindedness that can revive it. A complete upheaval will foster this process. All will be called into question, including in those fields that are currently considered certainties by the majority of men. Their conception of life will need re-examining. By freeing themselves from materiality, other prospects will open up before them, from which new convictions closer to reality will take shape. The laws of evolution manifest themselves in all their pervasive power while a new decisive stage for the future of this world approaches. To God, nothing is impossible. May men not forget it, under penalty of being struck down by reality.

Wednesday, January 12, 2005 - 10:00 a.m.

Certain areas of the globe conceal secrets which today's man cannot grasp. He would not make good use of them; his warlike and possessive instincts would lead him to exploiting what does not belong to him. Other habits will have to characterise the human race before the advent of the 'golden age' here below. What is essential resides in everyone here and now; only that treasure deserves a seeker's full attention. There is the starting point for the transformation of humanity. The seed of evil must be extirpated and leave room for a vibration characterising a level of consciousness in tune with future times. All is taking place slowly; that is how it is in this current cycle. The process must accelerate for a cosmic adjustment to occur. This world is entering a long period of change when all of the existing system will be renewed to conform to other interplanetary changes; all this escapes the specialists of those areas. What will happen is unforeseeable; no observatory, however powerful it may be, can detect it. The elements, driven by higher powers, keep their mysteries. What could man do in the face of something of such enormous scale, capable of generating upheavals that are currently hardly conceivable? The divine will, will be done as planned; and no human force will be able to counter it, not even weapons of 'dissuasion'. Let us continue on our road in the spirit that animates the Sahaj Marg Mission. For our aspirants, everything depends on their process and their unremitting efforts; grace will do the rest.

Monday, August 29, 2005 - 10:00 a.m.

Accede to serenity – that which is immutable in you – and rejoin us in this space where you regain peace. Here, your heart can blossom and become attentive to our remarks. Their vibration is correctly balanced – shall we say – hence the need, so often emphasised here, to read these messages in the order in which they are given. There is actually a process taking place through them that strikes the right chord in the hearts of those who read us attentively. Words also have a vibratory capacity. Doesn't everything hinge on this principle, although men don't take care in this regard, in both positive and negative aspects? All these concepts can seem meaningless to the common run of people. Our aspirants must surpass this stage and should not neglect the power of words; such power is real. If they apply them negatively, they break a sense of harmony and balance, thus harming their spiritual practice. At this stage of their evolution, everything is considered. Each one of our abhyasis must be prepared, in view of an overall planned evolution. In our way, open-mindedness should not remain an empty word but a reality that is more than ever necessary for their personal work. We take care of the transformation of all, without taking into account individual tendencies. The onus is on our brothers and sisters who are advancing on the path to truly take responsibility for themselves in the various aspects of life that depend upon them. May they all remain fervent and receptive to what we tell them, for their sole good.

Saturday, April 10, 1999 - 10:00 a.m. Welded to the Master means to be as one with him. This is our true meaning of this word; let it not put you off. It is the best thing that can possibly happen to you. Therefore be surrendered. In this approach at the highest level, there comes a moment when fusion is both necessary and complete. No one can advance single-handedly up to the end. It is in the nature of things. A solitary process cannot be fruitful; this should be borne in mind. I already expressed myself on this phenomenon in my writings. If you were single-handed you would remain on the bank scanning the horizon without being able to reach it. You need an experienced boatman and then, there is every hope of success. You should choose the best means of transport. Those among you who will read these lines, if ready, they will understand what I mean.

Monday, November 2, 2015 – 10:00 a.m.

Everyone's life tells a story; is it acceptable to the person concerned? Some content themselves with what they have, others do not. It's all a question of acceptance, which is not always an easy matter. Following a spiritual path helps one clarify the situation and understand the why of things, particularly of trials that are heavy for some. Life is not a long tranquil river, and nothing is permanently acquired, ever. Surrendering oneself to the Divine denotes a potential allowing a glimpse of the beauty of the soul that motivates the being. From one life to the next a treasure is accumulated, which is invaluable when it allows one to reach a level of consciousness decisive in human evolution. Beautiful souls glory in serving, in loving this divine power that can achieve anything – even the unimaginable, for human beings so constricted within the limits of their understanding. The smartest being, the most mystical, cannot understand everything of the divine laws, which are so rigorous and beyond the reach of all. One day, it is said, the divine goal will be attained. Isn't this prospect sufficiently motivating; this concerns everyone. May the effects of grace touch hearts in their innermost and most subtle depths to enable a gratifying advancement to the highest point. To all our brothers and sisters, peace and harmony in the heart, seat of all achievements.

Monday, September 18, 2000 – 10:00 a.m. We hope, through these messages, to make you understand what love is. To love is to expect nothing in return, simply like a child, confident and surrendered. There are no great theories to explain this state. It must be natural and spontaneous and is not given to everyone. Calculations are not part of this process. The heart is the seat of the soul and, more and more, science will discover its real potential. The brain merely executes, it does not have the omnipotence it is said to have; it is the mainframe computer that processes information and then delegates to the glands, which are vigilant guardians. Much more could also be said about their role in this complex assembly that constitutes the human body. Content yourself with knowing that all your efforts, as we ask in our teachings, must focus on this sanctuary that is the heart, where the results of your work are recorded. It produces jewels which, once assembled, open doors wide for you. Set to work seriously; you will not waste your time.

.Sunday, September 17, 2000 – 10:00 a.m. This teaching of a spiritual Master through a medium is unprecedented in the history of great beings who marked their time. It happened for me with Revered Lalaji, as well as other great souls, but the conditions were different, since from the outset I was his disciple and his designated successor. These messages will reach a wider audience; they are accessible to all, since each person can recognize themselves in you. Do not begin to get entangled in doubt; you are distorting the communication. What you achieve in your practice is easy to do. You have come very far and, over time, what has brought you to this enviable level has developed in you. It is within anyone's reach through perseverance, unwavering faith and unconditional love. Your heart, in its simplicity, has managed to touch mine; how could one resist being touched by such a state of surrender? There is no need to achieve feats. There are side roads that are at least as effective as a royal road. Doors open for you if you humble yourself, offer your love with all humility without expecting anything in return. These means are within your reach; it's up to you to make choices and advance towards the goal. We are nearing the end of this long series of messages; if you have the courage to read them, they will help you by bringing you towards simplicity and sincerity.

Friday, May 7, 1999 – 10:00 a.m. The life of a Master is centred solely on service. It is a total gift of self. Draw inspiration from this destiny to act for your part with the same rigour, if you have the strength. Think of what the life of your Master is – without rest, ever; sleeping little, between the material and the spiritual work; a life of abnegation offered to God and to his own Master for your good. We draw your attention to the role of such a being, so that you may, at least for a moment, come to realise its importance. I ask you once again: love him. He returns it amply. The post-seminars are important. You must integrate all that you have received. It is through meditation that you assimilate. The three stages – preparation, during and after – have their importance. Just as water permeates slowly into the ground, divine energy is infused within you. Your assistance is necessary, you must accompany this work. In this way, nothing is lost. Your development is taking place imperceptibly, but irreversibly. It is in the order of things. Meditate on this.

Tuesday, January 18, 2000 - 8:00 a.m. Whether you believe it or not, you are actually the spiritual person we refer to in these messages. You should not doubt, please; it is necessary to put up with this kind of situation. Thinking that these messages are about someone else is good up to some extent. You must recognise that what you have received is not ordinary; not doing it would be tantamount to doubting us as well as doubting the divine graces that are provided when required. That many see you as an ordinary person is devoid of interest; you know what we think of human judgements. Do not dwell on all that. What you acquire with the passing time is more precious. The hidden treasures are all the more valuable. Even if you are not happy to note down all this, think that you took, late in life, the commitment to write everything we dictate to you, about you. If the readers are bored by these comments, it is easy to turn the page. Follow your way, my child. Without you, these series would not exist and you would deprive some thirsty souls of comments that can help them. Believe me: their simplicity will be able to touch the hearts ready to receive them.

Monday, January 17, 2000 - 8:00 a.m. You are all similar as human beings, you are born, you live and you leave this Earth. You are neither superior nor inferior to anyone else. You are incarnated according to the will of the Creator, and you must do what you came here for. The main thing is to do the job well by accomplishing exactly what is programmed. To make a success of one's incarnation is commendable, try to apply yourselves to that; you will then be able to leave in peace for other horizons. Life is an eternal restarting that can seem tiresome; tragedies and joys punctuate it in turn. By setting yourselves goals to achieve, you give it meaning, with varying degrees of motivation driving you forward. It is the best engine able to propel you out of monotony. Become adults, by really growing up. Some of you remain children all your lives. Keeping the enthusiasm, the freshness of the soul of childhood is well and good, but it is the adult in all its maturity that must act and express itself to reach the end of its Earthly journey.

Tuesday, January 25, 2000 - 8:00 a.m. Do not worry, my daughter. There remain some aspects to be finished off, but the main part of the work is done. Those who will read you will not realise the energy this work has required of you. These contacts have also brought you joy; this love-driven effort actually required some compensation. Love will have been the recurring theme of these messages. Their simplicity of reading and what emanates from them will be felt by the souls divested of superfluity, of useless aspects, and who do not indulge in using erudite words. It is an exchange between simple souls; this is what will touch the greatest number. The more you approach the truth, the better you will understand these comments. We will not impose on you; today again, you need to take a rest. Accept these messages for what they are; all has its *raison d'être*. Be confident in us.

Saturday, January 22, 2000 - 8:00 a.m. With regard to the teaching of Jesus, it is justified to say 'make of it what you will'. Depending on whether he was addressing his disciples or a crowd, he was not speaking in the same way. He had to give concrete examples, the most open-minded people could see beyond the parable; and the secret teaching he used to give to a small number was not of the same order. You should beware of the interpretation that can be made of our comments; some people can attach unfavourable meanings to them. Nothing has changed, not everything can be said; you can still see examples around you that confirm what we are saying. How many times are the words of your Master distorted, his acts misinterpreted; things cannot be otherwise. You should beware of deviations and help your brothers who can sometimes be off from reality. Man is imaginative by nature; he sees things in his own way. You certainly notice this kind of behaviour around you. As far as possible, try to rectify, but mankind cannot be changed.

Sunday, March 5, 2000 - 8:30 a.m. SE: I will do all my best to come towards you, but do you believe that henceforth we need to be seated face to face to know each other better? All the barriers are removed between us. You have just to plunge into yourself to find me. We will try to meet so as to make this new relationship a reality. You cannot travel and I am tired of traveling out of necessity. Let us benefit for the moment from these special heart to heart contacts and the future will decide about the next steps.

Wednesday, February 2, 2000 - 10:00 a.m.

M: O Lalaji (L), may your light enlighten us and may Sahaj Marg illuminate the world.

L: Do not worry at all, my daughter; the flame of Sahaj Marg is nowhere near dying out. Today's world needs it, but even so it is much less than tomorrow's world. The means, so simple and accessible to all, is an infinite grace granted to humanity by the Almighty. In the dreadful ordeals that the Earth will have to undergo in the future, this recourse to true spirituality, pared-down and accessible to all, will be welcome. You are the pioneers of this vast undertaking and you must be rigorous in your way of living this mystical experience. It is by dint of it that you will fully benefit from it. No method is fruitful without effort. May grace be upon you on this exceptional day, since God wants it to be like that. Be in peace and make sure it prevails around you.

B: Lalaji really wanted to come forward to you, today. He follows your progress. My dear daughter, we will not insist any further.

Saturday, January 22, 2000 - 11:00 a.m. You have become like crystal, my daughter. Your subtle bodies are changing, thus affecting the physical body. Do not worry.

Tuesday, June 4, 2002 - 8:00 a.m. Version2: Man's only and true recourse is God. His only certainty lies in this spiritual dimension, unalterable in time. On Earth, everything changes, evolves and is transformed. God does not change. He is there, immutable and serene, listening to men who actually want to turn to Him and regard Him as such. In His greatness and His kindness, He listens to them all, whether they are aware of His reality or not. The human being is lucky in that he is not only dust, which is incapable of resisting the influence of time; his life outlives this body of flesh, so fragile and destructible. His true personality lies elsewhere and is not subjected to the fluctuations of this Earth. It is only a step in the long process of a soul squaring its accounts with the passing time and incarnations. God enthrals the souls that recognise Him, as they are carried away by His love, both subtle and powerful. They can recognise the distinguished Guest who lives in them and grant to Him all the love and the gratitude due to Him.

Wednesday, January 26, 2000 - 11:00 a.m.

B: Do not feel melancholy, my child, your mission is not finished. Remember that 'the end of a path is the beginning of another'. You can conclude by adding the few remaining pearls followed by a Kabir poem of your choice.

Pearls of Babuji: Chance does not exist. It is an opportunity given to man for his destiny to be fulfilled. Our difficulties are only as important as we believe them to be. It is not the living Master who is present everywhere, it is the divine energy which he concentrates and disseminates. God: if God is not in one's life, it lacks the most important dimension. Who are you as thinking and acting entities? You should always regard yourself as being as small as an atom in the hand of God. True grace is to find the strength to accept a test. Any test is initiatory if it is accepted. The Mission must become a buzzing hive, producing the best honey. The end of a path is the beginning of another. Beneath the great umbrella of my King, Millions of suns and moons and stars are shining! He is the Mind within my mind: He is the Eye within mine eye. Ah, could my mind and eyes be one! Could my love but reach to my Lover! Could but the fiery heat of my heart be cooled! Kabir says: "When you unite love with the Lover, then you have love's perfection." (4 Songs of Kabir by Rabindranath Tagore. Song III.III)

Wednesday, January 26, 2000 - 10:00 a.m. We have come a long way together; we tried to open your eyes on certain aspects of life around you and inside you. We would like to have succeeded in transforming it in the right direction. Do you feel better, more open to the others and more focused on your spiritual path? If so, these writings have succeeded in touching their target; we will not ask anything more of them. We are sensitive to your progress; it is the best armour you can possibly have. We will continue to watch over all of you who belong to the big family of Sahaj Marg. Your evolution in this life has enabled you to join us. You have an effective means to advance; may you benefit from it fully with the blessings of your Master, as well as our blessings.

Tuesday, January 18, 2000 - 10:00 a.m. It is good to be in a state of humility, but it is advisable to recognise the graces received and to admit them in the face of the world. We are not blaming you, but we notice a fact and we underline it. Your group should remain well united. Your differences are interesting; you complement each other very well. There is no accident in this business and we appreciate the newcomer. We will call upon her services in the future. Let her become well imbued with these messages, which will help her not only in her spiritual life, but in the blooming of her personality. Take good care of this young person, we recommend her to you. You have a motherly heart that can only unfold its unsuspected treasures. Love them all, those who come towards you, for one month, one year, or for eternity. Give without counting, my child, even if what you give is not felt. What passes through you comes from us and can only help them all.

Wednesday, January 26, 2000 - 8:00 a.m. Let love be the centre point of your life. All your actions can originate from it. This underlying driving force can only make you act advisedly. Thus the impure thoughts, resentment, even hatred and its trail of harmful actions will be chased away. Love will embellish your life; you will see the best in people that are in your circle. You will look at nature and its wonders, and the whole of creation with a feeling of gratitude. This will make you feel joy and your life will be transformed from inside. On the outside, it will remain as it is, but you will endeavour to see it as better and also to see only the good side of each being around you. With this view of the world, you will contribute to making it healthier. Your positive thoughts will counterbalance all that must change and evolve towards moving to a better world.

Sunday, April 25, 1999 - 8:00 a.m. Raise your thought above your small life and rejoice. See the beneficial waves of love being propagated from Master's heart across the Earth, like a stone thrown into water produces circular ripples, which grow larger and larger and move away very far from the starting point. Likewise an important spiritual work yields waves, which go very far on the surface of the Earth. It is like a refreshing shower, which will not change men in a definitive way, but they will feel relieved and strengthened. These are moments of grace, which allow men to get a new lease of life. Whatever is good for humanity cannot be lost; it is a small step towards its evolution.

Tuesday, September 17, 2013 - 10:00 a.m. We have come a very long way with these messages. They are an expression of the Divine, offered to this beautiful Sahaj Marg Mission. They do, and will, contribute more and more to the development of a future world, one that is refined and restructured. They offer new foundations for a humanity that will be more awakened to what is essential than it now is in these troubled times. Everything happens slowly here below. Such are the laws for the moment, but a day will come when everything will shift to a new and redemptive order for humanity. Changes on this scale already occurred a very long time ago, allowing human beings of that era to take a significant step. Nothing is immutable here below; all that lives on this Earth testifies to the fact that everything moves and is renewed over time. Change is the essence of evolution. This is true not only for the human race, but also for everything that lives and follows the pace prevailing on this planet, which is itself a minuscule element of the whole creation. Let us return to our subject - may Sahaj Marg increasingly win over hearts and provide them with an element of spiritual life on this Earthly journey. Each incarnation is an opportunity to rise, to be refined for another journey that is yet to come. Life never stops. It continues on other planes of consciousness and deserves one's full care and attention. To each one the best; may all be strengthened in the face of adversity and fulfilled in their deepest wishes for their evolution. Blessings to all.

Saturday, April 17, 1999 - 10:00 a.m. You will soon leave the shore; your boat will sail towards the infinite. When its journey is over, we will be there to welcome you and rejoice. You have undertaken to write everything. If these writings related to someone else, how would you take it? You are reluctant because they are intended for you. Just imagine that they are addressed to your spiritual being and all will be well.

Monday, October 30, 2000 - 8:00 a.m. Colour your own sky, let your thoughts embellish it and your words remain like light clouds that move across it without darkening it. Watch yourself constantly, my child. Having reached the crossroads, it is necessary to make a choice. Remember the ascent of a mountain and the difficulty of reaching the summit. This ultimate climb requires much rigour; everything is counted in the least detail. One false step can jeopardize everything. Such is the law. We insist on this point so that you all do not reproach us for being demanding, since we demand nothing - we only suggest, to make the climb easier for you. One needs to know the altitude one wants to reach. The mountain guide is intransigent, inflexible for the good, and in some cases, one might even say, for the survival of beings who put their trust in him. He does not take them by force; they have chosen a goal to attain and he is there to help them, often in spite of themselves, in the face of difficulties that are bound to arise. The struggle is rough, but the victory is so beautiful! Doesn't it deserve some effort?

Friday, April 2, 1999 - 8:00 a.m. Life is a long march on sometimes difficult paths. Faith will be the best compass to guide your steps. It's important to take the right direction in some circumstances. It is in the depth of your heart, in inner silence, that you will find the answers. Your way of life is all set in principle, but it may happen that you have to make a choice to follow a particular way rather than another; you have your free will. This is why this face to face with yourself can illuminate you and lead you where you need to go. Be always in harmony with your conscience at all times; you will make your life easier. Your friends are slightly overloaded with these messages. Keep them to yourself henceforth. We will resume communication with them later. They have enough food for thought; one has to learn to stop. As for us, we will continue our heart to heart [communication]. You, you do not seem to be overloaded! See you tomorrow.

Kabir : Do not go to the garden of flowers! O Friend! go not there; In your body is the garden of flowers. Take your seat on the thousand petals of the lotus, and there gaze on the Infinite Beauty.

Saturday, September 14, 2013 - 10:00 a.m.

Plunge into yourself, in this place of serenity, immutable and safe. These daily pauses are necessary, as they allow the vibration of the subtle bodies to be re-harmonised. This world is very disturbing for human beings, who need this time of meditation in which the best can be achieved. Sages of all faiths refer to it and thus perform an ancient practice dedicated to the Divine. Meditation such as we have proposed has a very special action which is not easily assessed, and yet its effects are beneficial. While being engaged in this practice, the heart advances on this divine path where, with each step taken, an obstacle is overcome. Some people are more advanced than others, but all are on the way - that is what is essential and it makes us happy. This way is providing more and more help, and our brothers and sisters realise that regular practice is very promising. Whatever the development of an incarnation with its inevitable uncertainties, it stays on course with regard to the most critical aspect - that of progressing towards the ultimate goal. It has always been so, but being caught up in the turmoil of this so-called modern life, human beings find it very difficult to focus on what is most important to them. They need some degree of common sense and innate wisdom to recognise that what is essential to them lies there. We notice a significant awakening in many young abhyasis; it shows that everything is possible. Master's work strengthens the pure in heart. They will reach the goal.

Sunday, April 18, 1999 - 8:00 a.m. Let joy suffuse your heart on this day. You cannot change anything in the outside world. You have enough reasons to keep inside you some sunny spaces. Many souls are in search and many others will feel 'the call': an immense need to be in union with the Creator. You will enter a phase of turbulences on the material level; on the other hand the spiritual need will be higher. Prepare yourself for the two aspects of life on the Earth. All is not lost when the soul is on the alert. No matter what happens, remain trustful in your destiny.

Wednesday, September 18, 2013 – 10:00 a.m. Your heart is shining – that is the most beautiful adornment on this special day when your soul is longing only for this blessed contact. May all our aspirants be touched more and more by these messages emanating from the Divine. A spiritual guide relies on a teaching entrusted to him, which he then passes on. So has it always been. Even if the means of dissemination are different, the teachings have always been relayed that way. Times change, the means of communication may differ, and yet throughout the centuries, the source remains unchanged. Why would the source change? Such a ritual takes place when it is divinely inspired, as it benefits from well-established laws in this area. At the dawn of this new era it is appropriate to provide herein some new elements capable of illuminating the path differently. Many human beings are opening up to knowledge. The important thing is to touch hearts, to foster in them an understanding of phenomena and to lead them to interiorising themselves, to capture the subtlety of our teaching and to feel the transmission of the divine energy that characterises it. Thus is accomplished that which must be. The time has come to move forward while divesting oneself of that which is useless. May all be carried and enlightened according to their innermost longing. Our incessant action is geared towards this.

Sunday, September 15, 2013 – 10:00 a.m. Can this be repeated too much – it does not seem so: love here below is the only and true treasure whose precious memory remains over time. A life based on this principle leaves traces and is resumed in subsequent reincarnations. A beautiful spiritual way attracts hearts; it is like a productive beehive, capable of generating the best within and around itself. No one can be forced to commit themselves to it. Over time, this propensity to love is revealed when the soul exudes its delightful fragrance. It can take time to understand where the most important thing lies in one's life. Embarking on this path of the heart brings joy to the whole being, to that which lives on beyond this world and retains the most subtle imprints of divine manifestation. Everything is carefully recorded, constituting the secret archives of the personality embodied in the multiple returns to this Earth and elsewhere, according to its specific projects. All this may seem very mysterious, and yet everything is truly simple. There is a reason for everything, and this explains the need to accept whatever is good or evil in the eyes of humankind. Surrender is the strength of true mystics, those who see themselves in the hands of higher powers that are attentive to the fate of each person. Life is one and indivisible; it forms a whole, an immense configuration within the context of eternity. This statement may seem very abstract, and yet it reflects a reality – one that is necessary, if not easy, for humans to understand. Blessings to all.

Sun, July 7, 2002 – 10:00 a.m.

Commune with yourself; open your window onto the infinite, the nameless. Let your heart, and only it, express itself in this moment. Forget the worries, the upheavals of this world, treasons, and disappointments, which are the lot of humans. Open wide this window onto beauty and divine peace; there reside harmony and perfect joy. Did you find in this world similar treasures that remain immutable with time? Their scarcity determines their value. They are inimitable. Let your heart be carried by this soothing wave. We like, on a regular basis, to make such remarks suffuse in you; they go straight to your heart, in this blessed space where the best of you is being built. Let your soul delight in the beautiful, the elusive vibration which, in this moment, operates like a balm throughout all your being. We enjoy causing such harmony in it. Nothing else can affect it. It is situated beyond this world, in a place where grace alone can suffuse it. Let your heart be filled with melodious sounds which reach it; they are of a pure and delectable essence. Continue your meditation, and eat your fill of this celestial food; it is your Sunday reward, my child.

Tuesday, November 3, 2015 – 10:00 a.m. As the saying goes, it is hope that makes us live; one should never despair. Life sometimes holds surprises, in the best sense of the word. Despair is not constructive; everything has its *raison d'être* and is justified with time. It is not easy to admit the necessity of ordeals, to reason with oneself when facing them. Everything that lives on Earth is subjected to the same laws, and no kingdom is spared – such are the divine laws. Humans often struggle to understand the requirements of karma. How could they understand, overwhelmed as they are by this higher power that does not bend. Acceptance allows one to grow in wisdom and helps one, over time, to understand the significance of all things. Why must one endure so much, suffering both physically and in one's heart! Every life is one aspect of this mysterious karma, about which any well-informed person wonders. The answers are within, in the depths of one's memory, which no human being can really understand; nor can one grasp the true reason for the trials. Advancing with faith and love is the only option available to humans; thus do they acquire a certain highly sought-after wisdom, and that for good reason. We help our brothers and sisters as much as possible, to the extent granted to us; their personal process is decisive for the continuation of their journey. Nothing happens in vain, you can be sure. Everyone is helped as needed, in order that they may achieve the best that is possible – namely, the real purpose of an incarnation. Blessings.

Saturday, March 30, 2002 – 10:00 a.m. Yes, my daughter, you can thank God for having been guided towards us. We are not the only way, but this one is yours. So was it decided for you in this life. You are where you must be, here and now. It is great luck to be able to meet the living Master, the one you can fasten all your hopes on to accelerate your evolution, and who will keep guiding you beyond this incarnation. Knowing how to thank is important; so many graces are given to men, yet they ignore them or regard them as normal. Tests are badly accepted; they raise so many reproaches, cries, on the part of those who find them unjustified, and God is good insofar as He distributes happiness. What about this notion and state to which men aspire? To reach a level of wisdom that allows one to understand and accept going through all these states, is a sign of some degree of evolution. Man needs to be enlightened, guided by beings returning to this Earth to help humanity. Reaching them is a very special blessing.

Wednesday, November 4, 2015 – 10:00 a.m.

This multitude of messages is primarily carried by a love story that has been going on for a very long time and is not fading – quite the contrary. Mediums are not lacking in the Mission, but what happens here is a different case altogether, one whose importance will be revealed over time. Do not be embarrassed; why couldn't we express ourselves on the subject, with so many abhyasis claiming to communicate with us and receive messages. We have said often enough that imitators exist, and it seems that there are more and more of them, here below and elsewhere; this peculiarity should be disregarded once and for all. Our dear Kamlesh will have to be careful about it. There is still so much to do for humanity to progress and for humans to realise that they have a long road ahead of them, and that there is no time to waste in vain endeavours and superfluous foolishness. Here, we are working tirelessly for the good of this humanity that is in distress, much more than it seems. May all realise the need to move forward and produce, at their respective levels, the best that is possible. In this, faith and surrender are necessary; without them, nothing great and beautiful would be developed for the seeker, caught in the miasma of materiality. Endless blessings to all who will not be spared the dismaying behaviour of some abhyasis. It is up to him to be careful, with our full support.

Saturday, March 21, 2009 – 10:00 a.m. Your heart needs love; only the Divine can quench its thirst. Unlike human beings, the Divine does not change; it cannot disappoint. It is there, present, intangible and sure. Your search, my daughter, will not end. As you already know, it continues from life to life. Your next reincarnation will not disappoint you; it will be dedicated to spirituality, to this sublime energy capable of delighting your heart. The environment will be favourable and it will facilitate your mission in your future life, but this one is not finished. Do as well as you can, as always, in spite of your sufferings. We alone can understand the true difficulties that these sufferings impose on you, beyond appearances. Take rest; your dear sons-in-heart will soon be there. May they feel what few humans can perceive: the love which is in you.

Friday, November 6, 2015 - 10:00 a.m.

Life is never simple – this is nothing new. Since the earliest times, humans have had to struggle to survive and cope with incessant difficulties. Those who are most advanced in the evolutionary system find an explanation for that which characterises their karma. This karma results from the accumulation of numerous lives in which all aspects of an incarnation are revealed, allowing one to cope and move forward at any cost. This labyrinth is accessible to humans, allowing them to evolve and develop themselves as they overcome the many trials that await them. Following a path indicates a certain progress. Not everyone is ready to take the step; such spiritual matters are beyond them and do not interest them. Blessed are the pure in heart, it is said, for they shall see the light. These prospects delight us. Here, we all work to that end: to bring our brothers and sisters to the most accessible level for them, and the most effective. Sahaj Marg is defining itself over time as a simple path open to everyone and having no excessive constraints. Every soul longs for the Divine; each of its particles is imbued with this divine energy, very active in its principles. An evolved being fully benefits from the many assets of this energy, which are still, for the most part, very mysterious. To be but one with this redeeming energy – there lies the ultimate goal for which we are ardently working, for the good of all our brothers and sisters. Special blessings to all.

Saturday, September 22, 2001 - 7:30 a.m. Feelings of hatred, fear and revenge are what you call man's demons. They lead him into reckless and regrettable actions. A time of utmost madness has come on this Earth. Man is pitiless to his fellow creatures. Our cries of alarm are like cries uttered in the wilderness, without effect. Fear and suffering are taking hold and will not stop in a hurry. You, who are lucky enough to be sheltered from the storm, you should be convinced more than ever of the need to advance in your spiritual life. It is a first-class recourse; it is constructive, beyond this life and all your hopes. Your bonds – between members of the Mission – must be strengthened and must give greater intensity to group events. Be more motivated than ever! Heads of State speak about good and evil without knowing, seemingly, their meaning. You who have the means of acting for good, your good and that of all, do not hesitate to do so; it is within your reach. Your sadhana is very powerful; it goes well beyond your own search

Wednesday, April 21, 1999 - 8:00 a.m. You see how meditation is beneficial. It soothes your heart and your body. Thereafter, you can feel the impact on your state. It is sovereign, and so is prayer; both are complementary. They build your spiritual life and are necessary for it, in the same way as 'a roof on the head' to protect your material life. Could you do without now that it has become second nature? Imagine your life without sadhana; it is indispensable food for the balance of your entire being.

Saturday, November 7, 2015 - 10:00 a.m. Let yourself be carried away on the wings of love, a love that glorifies a life by giving it all its meaning. Blessed are the hearts that are eager to love and determined to progress. What can remain of an incarnation that could be more important, apart from this very special energy that lifts up the soul to its highest destiny. So many aspects are to be considered in this area. Humans are so often carried away by the wave of illusion, the attraction of multiple opportunities offered to them that do not lead to what is essential. A pure heart always ends up finding its way, sometimes after many struggles and mistakes; who doesn't commit them! This world is not one of perfection – far from it. Such Edens exist, but they have yet to be reached. There is much to do; each incarnation offers sufficient proof of this. Spiritual Masters are not spared. They too are sometimes taken advantage of by malicious spirits who know how to deceive their fellow beings. All this is the game of life. Everything is counted, down to the smallest detail, and recorded in the divine ledger – one that cannot be circumvented, nor can a person conceal anything from it, which is comforting to know. So many behaviours are loathsome, and in such cases one should move on and forget these kinds of torments. Our brothers and sisters will understand these comments. Who in this world is spared! May all realise the transience of a life and do their best to save precious time. The best to all.

Monday, November 9, 2015 – 10:00 a.m.

So many messages have been written down within this sacred space, where every day we find the way to your heart – a heart completely surrendered to our action. You are not spared suffering; we too have endured in our bodies the manifestation of the Spirit when necessary, for reasons beyond the understanding of incarnate beings. So many mysteries surround human beings, and patterns that elude them, allowing them to advance step by step to achieve the sacred goal. There, the ultimate action is accomplished, one that might sanctify the being if such were the divine plans. Nothing is done without reason; certain people are carried by grace to accomplish a particular mission, and they are truly guided by our care. Some beings go astray; they believe they are chosen and dedicated to the service of a great cause, according to their own wishes. Things don't work that way, and there are only too many manifestations of ego in this area. Truly committed beings are not searching for anything; they advance, carried by a love that illuminates their path and guides them every day. Only faith sustains them and allows them to overcome the human baseness that does not cease to emerge, even in a spiritual path. This world is like that. Every day offers an opportunity to grow, to overcome the miasmas of materiality that restrain the evolution of each person. The struggle of life will not stop; it will manifest in one way or another, for the good of humankind. Strength, courage and perseverance to all, under our blessings.

Tuesday, November 10, 2015 – 10:00 a.m. An unprecedented mutation will have to occur on Earth to help this distressed humanity. It remains, after all, in constant torment and suffering – these states characterise it. This world is what it is; working for its evolution remains the challenge. This evolution will be decisive in the future, when it will stand out in the existing planetary context. Nothing is done in vain. All that takes place for the good remains a valuable asset that will defy time. Our spiritual way is in its infancy, one might say, and it will assert itself in the future, to last much longer than is imaginable today. It differs from religions, which impose their laws. Here, the context is different; rules are proposed for the good of each one and for a better approach to this extraordinary practice. It bears its fruit, you can be sure. The brothers and sisters who join us can evaluate its benefits. Over time, many of them are rediscovering the very essence of this teaching, so simple and yet so effective. This solid base enables them to truly advance while avoiding the meanderings of ignorance, which too often considerably retards the evolution of each being in search of the Divine. Nothing is to be neglected; Sahaj Marg is an opportunity offered to humans to advance wisely – an opportunity bearing the best fruit. Such are our wishes.

Friday, October 20, 2000 – 10:00 a.m. You all are connected to the same source by a kind of invisible thread; this is an image to make the point more concretely. The system is more complex and especially vibratory. Various lengths of waves connect you to the invisible; your spiritual work refines you and places you on the appropriate network. We will soon conclude this 'Epilogue'. There is enough food for thought in all that has been said. Each reader of these lines will react in their own way and they will derive the related benefit according to their interest in it. The same applies for the basic teaching we give and the reading of the many books we wrote. The most demanding request can be met and bring you to a true awareness to focus on the main things. Each one must be able to advance on the path suitable for them, supported in their convictions by an assiduous practice and an open-ended book teaching. We believe we have put at your disposal the needful to meet your expectations. Follow your Master with confidence; he is a very sure guide. Be surrendered and joyful for having found a spiritual way that meets your aspirations.

Sunday, March 8, 2009 – 10:00 a.m. Let it be, let people talk; jealousy and the meanness of certain people in relation to these messages do not matter. As has already been said, nothing will stop the progress of these messages on this Earth. Their impact goes beyond the framework of this world. Would you have imagined that? What is good for the spiritual progress of humanity also benefits many souls moving towards the goal and seeking inspired texts like these – ones whose vibration serves to elevate the being. It is all just beginning. It was not easy for you to have them recognised by your Master; you were not the only one claiming to communicate with us. But isn't it said, what must be will be? Everything takes its proper place; time does its work slowly in this world. These writings already have a predominant place in our Mission, and they will become a reference point within it. That is the way it goes.

Wednesday, November 11, 2015 - 10:00 a.m. So many contacts over the years! Here, the bonds of the heart are decisive. It is not merely about writing down a message; love generates and ennobles this task, making it unique among its kind. It will remain so over time, you can be sure, and enlightened minds will readily recognise it. It takes very little to distinguish these writings from others. Our dear Kamlesh appreciates them and, like his predecessor, he finds inspiration in them, quite naturally. The alliance of the united Masters is attentive to him, even if it cannot fully spare him the numerous hazards of this Mission that is very demanding but equally rewarding and even sanctifying. This role is not an insignificant one. So many souls are in need in this world and on other planes of consciousness, where the unquenchable thirst for the Divine is constantly manifesting. –Much remains to be achieved. Time must bring about what is needed within the Mission for its fulfilment in the world. Beyond all social barriers, what must come about is being developed by divine will. In hindsight, the effects are quite striking, and they encourage us to continue in this direction with even greater strength and determination. May all our brothers and sisters fully realise what this Mission represents and adhere to it completely. Here, what is being built will mark the world, and for a very long time. Blessings to all, from the united Masters.

Wednesday, March 4, 2001 - 8.00am

The Earth's history is both very ancient and rich. It had some advance civilisations. Extra-terrestrials, as you call them came to establish exploration sites, and to build interplanetary relay stations. Some of them survived, even though not having their primary usefulness any more. The Pyramids belong to them. Many things are said and written about them. They still play an important role energy-wise. Revelations on this point will bring a new enlighten-ment to men of the future ages. The times has not come yet. Could they really understand all the subtleties of the system? They should at least start admitting that life exists on the planets of the solar system, and beyond. It will really be necessary to hit hard so that they accept this principle. A massive invasion will occur, we already mentioned that possibility, which alone will put an end to the wanderings of all forms of science. The whole picture will need revising. Those beings will bring and extraordinary knowledge that will leave the poor earthlings stupefied, with their pompous ideas on everything, most of which are wrong or worthless. Those beings will come in order to protect the universal balance from men's misconduct as well as from the huge risks they're running with their so-called progress, which is alarming in many respects

Thursday, May 16, 2002 - 10:00 a.m. All men are in the same situation; nobody can escape the rule that, sooner or later, they will be separated from their loved ones. These heartrending experiences are integral to the formative and necessary tests included in the redeeming cycles of reincarnation. Each one leaves this world at their specific hour; that is the way it goes. Well-hardened souls know how to pull themselves together after a deep sorrow, and lead their lives differently. Sometimes a test is enough to transform it [a life], to give it a very different meaning. Many of you have experienced it. The heart is subjected to attacks; its valiant nature makes it grow and gives it its nobility. Is there anything more beautiful than the face of a sage driven by grace and the love it [grace] produces in him? You know of these beings – out of time and everyday life, living inwardly a parallel and rich life far from human contingencies. They are on Earth only to testify to the divine manifestations. You should know how to pull yourself together when you go through these moments of deep melancholy; they are very useful to you when you turn to the Divine to overcome them.

Friday, July 12, 2002 - 10:00 a.m. I am here; set your mind at rest, and make yourself receptive, in spite of this context not favourable to our contact. If you so want, nothing can prevent it; you know how to cut yourself off from the world. Meditation requires the same rigour. In this modern world it is not easy to find calmness favourable to meditation and spiritual work. This adaptation often requires efforts, but the result shows that it is always possible to interiorise oneself, and to commune with the Divine. The result is worth it; to find inner calmness in a non-conducive environment brings serenity, and the evidence of a Presence attentive to the needs of the soul. This diving into oneself is an ever-growing need. Our method must help you. Its rigorous application, with time, shows it to you. One needs much patience and perseverance to extract all the benefits of such a process, but the efforts are rewarded. Nothing is obtained without effort.

Thursday, November 12, 2015 - 10:00 a.m. Transcend all these problems for a few moments of peace and love. Aren't our contacts the haven for your loving heart, totally surrendered to our presence which is constant and very attentive to your dear person. Do not feel embarrassed. These thousands of accumulated messages are clear evidence of the unique link that unites your heart with ours. They will remain a special asset for our Mission and they will defy time. Many upheavals will occur, we have said it enough. Everything comes at the appropriate time, as planned by this power that regulates life not only on this Earth, but also in this vast universe where everything is of an absolute rigour. Non-compliance with these laws would create total chaos. At their own small level, human beings work sufficiently at not respecting anything. They are not the only ones on this Earth. Minimal attention on their part would, by now, be nice so as not to add to the enormous havoc that is increasingly caused by the lure of profit. An Earthly incarnation is a short passage. Wise persons respect the parameters necessary to the general balance, to all life that surrounds them. Thus they take care of what should be cared for, both for themselves and for the entire creation. Everything is connected and but one with the Creator. We hope that at least our abhyasis can live in harmony with their surroundings. Thus do they behave as good citizens and good abhyasis. May all be blessed.

Friday, April 16, 1999 - 8:00 a.m. Christian teaching is so deeply rooted in people's mind, even among non-practising ones, that it is difficult to state certain truths, even including to the abhyasis. It is a whole legend—created with the passing of centuries—around the teachings of the Master, which, if they were followed with utmost rigour, could transform humanity. Your friends are not ready to adhere to this way of seeing things. Certain ideas are deep-seated and, moreover, not easy to understand with your reference marks and your limited view of things. They belong to your culture; that is not important insofar as they do not curb your evolution. Let go! Just write what we are telling you. One day, the curtain will rise and reality will be obvious. The spirits will open and put things into perspective, in terms of telling truth from falsehood. There will be many disillusionings about religions. You must let time do its work. Think of what it took for you to open your eyes. The end of this century should leave behind it a certain number of erroneous beliefs. God is great, He will rectify [them] in due time. Pray for the advent of a world of light and truth.

Friday, November 13, 2015 - 10:00 a.m. These contacts are an integral part of your life, and they are also necessary for us. They have existed for so many years. They will be remembered and are important to many of our brothers and sisters. They are a precious asset for all of us who are united in heart with all our abhyasis, brought together under the guidance of the chosen spiritual Master, who is carried by our care on this difficult journey. Nothing is ever easy here below; incessant heaviness delays the evolution of each incarnate being subjected to these laws that are indispensable in the current state of knowledge, and in the very principle of life. Incarnations repeat themselves, facilitating a planned evolution. These principles are ignored by humans. A day will come when knowledge will be revealed to the greatest number of people, who will have reached a level sufficient to integrate it in its purest form. It will still take time to achieve a vibratory level capable of generating a perfect society, or at least one that is in keeping with divine principles. To some extent these principles are respected, but much remains to be done to reach the goal. There lies the main focus of our concerted actions with those who have been chosen and who are fully committed to this evolutionary process, acting ceaselessly in this direction for the good of all humanity, since all living kingdoms are subject to it without fail. As it is said, one day the divine purpose will be achieved. Endless blessings to all.

Wednesday, February 18, 2009 - 10:00 a.m. As you have said, my daughter, the divine laws are written with the pencil of love. They cannot be decoded by all; even the great Beings do not really manage it. Everyone must make their way as best they can, with uprightness, mutual respect, and by using the language of the heart. The heart translates, in its own way, the aspirations of the soul, which constantly needs to manifest itself. One need only listen to one's heart, listen to the comments of one's Master and respect them, while trying to follow his recommendations. Many of our brothers fail to do it. They get lost in pointless assumptions, and they neglect the fundamental aspect of their inner selves. Only the noblest sense of surrender can calm an intrusive and negative mind. May all be strengthened and enlightened on the way of life.

Friday, April 5, 2002 - 10:00 a.m Humans should be able to stand one another. Each one of them is unique and they must adapt to the different aspects in others, who would otherwise feel misunderstood or excluded from this society they are moving in, and which they cannot change. These differences are inevitable and necessary to the work which man must do on himself to overcome his own tendencies and his excesses of all sorts. In our way, the purpose of the exercises we ask you to carry out is only to help you to clean up what hinders your evolution. The diversity of the human race generates many problems, which it is advisable to manage individually, then on the level of a family, a group or a country; and this will know no end, while this world keeps bathing in the current energy that animates the beings living in it. These problems are nowhere near being resolved. Humanity will still have a long way to go before managing to change it. The process is in the offing. It will succeed, which will enable this planet to get another status that will change the face of the world.

Saturday, November 14, 2015 - 10:00 a.m. When will this hatred between peoples end? So much better could be done for the good of humanity. Once it arrives at that stage, it will be able to take a big step and reach a key point in human evolution at levels human beings cannot even imagine. Blinded by hatred and incessant resentments, humans remain confined within the limits of a distressing materialism. May we, at our level, send through this way of the heart enough good vibrations capable of surpassing the limits of our Mission. All of us here are attentive to this suffering world. These sufferings generate a heavy atmosphere, a vibratory state that has repercussions on all of creation. Is wisdom so difficult to attain? Is it too much to ask humans to master what is within some of them - this constant climate of hatred that is so harmful to all that lives here below? The sufferings of this world touch us immensely; they affect us at levels you cannot imagine, so great is the subtlety of these levels, multiplying the echoes that reach us. May all our abhyasis truly unite on this Earth and thus create a sacred space capable of helping the greatest number realise how precious a given lifetime is, and how it truly deserves to be respected and useful to all that surrounds it. May a general raising of awareness take place and transform this mad world. Such is our most ardent wish.

Saturday, November 21, 2015 - 10:00 a.m. There is still so much to say, and especially to do, for the growth of this path. It is nevertheless an important path and, little by little, it is taking its place in the world, for the greater good of brothers and sisters who accompany us on this journey. There is much to be said in order for the greatest number of people to realise the need to move to this level, the only one that is decisive for each person's growth. Engaging in such an approach testifies to a potential, an aspiration of the soul to rise and progress towards the goal. This goal cannot be reached without effort; there lies the subtlety of the work that is accomplished here in secrecy, in the labyrinth of this unparalleled journey. A genuine work is being done, and it is not insignificant. The abhyasi's resolve supports our action. How many mistakes must there be, how much wandering and time wasted searching elsewhere for what is within, in the depths of the subtle being. The spiritual heart is the real treasure here; it hides its merits well, along with the opportunities it provides for one to go as far as possible on this journey towards the Eternal. There lies the fulfilment, the serenity, the best possible on each person's path. It takes time to realise it, to experience it completely with full consciousness and in the utmost acceptance of what life is here below. Our abhyasis realise very well what is at stake in this process. They do not engage in it in vain, and their attainment in this area will be decisive. May all achieve the goal - such is our greatest wish.

Sunday, June 14, 2009 - 10:00 a.m. It has all been said, or so it seems. Yet love at this level knows no limits. It is expressed freely, generously, without satiating the heart's appetite. Happy are those who have this flame inside them, this ardour in loving. It is one's most precious possession in this world, beyond all the illusory values on which one so often relies. Therefore, do not repress your hearts when they take this path of love. It is the only path that is worthwhile and that remains beyond materiality. This rare energy captivates you. You should therefore accept it with gratitude and carry it inside you like a precious treasure. May you all be blessed and strengthened in this quest for the Ultimate.

Monday, June 28, 1999 – 10:00 a.m. Beloved daughter and disciple, what more is there to ask for? Be happy, show it. Why always hide your joy of serving us, of loving us. Haven't I said and written enough how much I loved my revered Master? Where is the harm in this? You all think that showing your feelings is not good. To love divinized beings is a great grace. You can love completely, without restraint; it is the most beautiful thing in the world. Be like pure-hearted little children at the feet of your Master. Surrendered to his Love, he will shape your soul, he will make of you torches that will illuminate the world. Be joyful in thinking of this prospect. A day will come when, holding hands, you will form a big chain around the world. Your mission will be accomplished, and your life also. Work tirelessly for that, it's what it means to be our associates. It is a grace for you to be part of it, do not forget it. You are in a situation, you are living it. Therefore, become aware of its importance. Do everything possible to become active abhyasis, aware of what they are really experiencing.

Monday, October 2, 2000 – 10:00 a.m. While writing, you do not miss anything of your meditation; the transmission continues, rest reassured on this point. The comments made on these messages will be an additional advantage; we inspire 'the author' for that. They will conclude this 'Epilogue' and the whole of the messages. You should envisage translating this text so that my son can take note of it when the time comes. He would take it as an introduction to all this work. Think of it and polish it up, both the comments on the necessity of not suppressing anything and the interpretation of the titles of the collections. They also have their *raison d'être*; the choice is justified, yet that remained to be understood. As we move on, you can note, as far as you are concerned, that regular reading widens your comprehension. What seemed to you insignificant, and superfluous in the beginning, can be understood differently today. It is the objective which we wish to achieve: to bring you to interiorizing yourself sufficiently so that in its simplicity, this truth which emanates from the whole, unfolds to you and reaches your heart. Such was our goal.

Friday, November 24, 2000 – 10:00 a.m. The ambient noise does not matter; internalize yourself and our contact will not be affected. It is good for you to reach this state, whatever the circumstances. It's the best training you can have. Your channelling capacities are important, but they need to be maintained. You don't like your character to be put to the fore, and yet you are not a machine. It is normal to take stock from time to time, to enlighten readers about this means of communication. Do your practice well, don't neglect any aspect of it. It's the best way to prepare for our contacts. They are important for you, and so is what results from them. We must spare the channel and make sure it continues to assume its role as long as possible. It's not desirable that you keep this message to yourself. Stop thinking that what concerns you is uninteresting. This modesty does you credit, but here again, it is necessary to review your position. You finally succeeded in not doubting yourself, so make an effort at what we've just mentioned and all will be well.

Sunday, November 22, 2015 – 10:00 a.m. Acceptance is necessary and decisive on this Earthly journey where everything is counted and evaluated according to criteria that escape human reasoning. The complexity of life is great – boundless, one might say. Human beings must be content to do their best and learn as much as they can through their personal experience with the multiple trials that are reserved for them. Good moments are precious breaks; they are strengthening, and they allow one to have a more objective view of all that must be experienced. Embarking upon a spiritual path opens up perspectives that would otherwise remain unknown. To develop love within oneself – a love that truly elevates the soul far from all the depravity of this world – is a promising life choice. This asset is precious. Even if it is not easily assessed, it produces the best results in this kind of process. Repetition is necessary, these messages are the proof of it. We revisit the same topics, and for good reason; human beings quickly forget and move on, as you say. Here, the topic is different. It is good to immerse oneself each day in these values that are not invented and that are decisive in an incarnation. From one lifetime to the next, experiences occur that add good or bad aspects to the karma of each person. Everything is justified, you can be sure. To advance towards the goal is the objective here, for the best of reasons. We wish the best to each and every one in their personal aspiration.

Monday, November 23, 2015 – 10:00 a.m. There is always something to be said. These contacts are very special. They are the result of an extraordinary love between our hearts and the heart of our scribe. Do not be embarrassed; so has it been since time immemorial that specific mystical ties develop between devoted and divinely inspired souls for whom only service matters. Some beautiful stories are also written, and they leave their mark on time, a time that will not be forgotten. On the contrary, it is leaving lasting traces, and for good reason. In such a context nothing is in vain, in contrast to the numerous movements of life that are merely bustle and noise. Everything has its *raison d'être*; this spiritual path so dear to our hearts was not created in vain. It is the result of consultation at the highest level of the hierarchy of Masters. It is suited to present times and will be perfectly adapted to those of the future, when humans' demands will continue to grow. The evolution to come will require a lot, and at all levels; society will be structured differently, on new foundations difficult to imagine today. Hyderabad will become the high place of the Mission. It will attract a large number of men and women motivated by a deep longing for spirituality – a true spirituality that acts upon the most subtle and decisive levels for human evolution. An unprecedented future is being prepared at that level. Blessed are our brothers and sisters who are fully committed to this way. It generates the best – thus is history written. To all of you, our blessings.

Friday, April 23, 1999 - 8:00 a.m.

Live from day to day. The future may not be as gloomy as you see it. You have always stood firm; we are here to support you. Some means will actually need to be found to relieve you. You should not be so anxious. Your life is not over. You still have some way to go; you will eventually have some respite. You are still willing to serve us; therefore, don't lose heart. The good thing in big celebrations is that they motivate our members; they are stimulated by the ongoing preparatory work. This year in particular, people's minds are becoming more refined. They are more receptive. Many of them can sense that 'something' is happening; this is good progress. We are happy to see them in this state of receptivity. We are often torn between the desire to punish or bless. The Westerners are special; we cannot expect them to react like Easterners. By and large, there is progress.

Tuesday, November 24, 2015 – 10:00 a.m. Far from the ambient noise and disharmony in this world where confusion all too often prevails, there is a realm elsewhere, where all is calmness and beauty. To search within oneself for this very special state, one in which the soul delights, is an indescribable blessing. Meditation provides for this. With a little perseverance and commitment, the abhyasi truly advances and is integrated into a system where evolution is accelerated, thus gaining precious time. Nothing should be neglected here below when dealing with this very special aspect of human nature. Beautiful and great souls reincarnate to help their fellow humans, of whom so many carry a heavy karma without the least glimpse of hope. Everything has its purpose, and trials are necessary, truly so. It is not easy to conceive of this; only surrender allows for a positive advancement that is constructive at the level of the personality. To save time – that is the aim. Following a spiritual path facilitates sure progress, helping one to put limits where appropriate. It is not always easy to do so; for this, love and commitment towards the higher power help considerably. Everything becomes clearer, and with time, an understanding takes shape of what needs to be done to better integrate oneself in a system that is instructive and redeeming. Divine love is the true asset here below. That love does not deceive. It leads the seeker where his or her soul longs to go in order to be nourished by the divine essence. Here, everything is done accordingly, with our blessings.

Sunday, December 26, 1999 - 8:00 a.m. My dear daughter, do you realise the impact these messages can have on people astute and prepared to receive them? You can see an example of it before your eyes at this moment by observing the reactions of these two beings. They know how to derive the quintessence of them and it is a true happiness to hear them speak about these messages. Each one perceives and will perceive them in their own way. From where we stand, we have another view of things, which enables us to transmit a teaching a little different from what we provided when we were incarnate. Therefore, these two teachings complement each other. The form is different, although the same topics are addressed therein; we try to convey a different spirit through them, aimed at touching your heart more directly. This heart, about which we talk to you all the time, we sacralise it and hope to make you become aware of the role being played in your life by this spiritual heart. It is the centre, and your most precious capital asset. You know how to make it bear fruit; you have all the elements for that.

Tuesday, October 3, 2000 - 10:00 a.m. This boy is not a medium, but we can act on him in the sense that we can suggest information to him which you can confirm to him. We appreciate their way of doing this work with so much heart and an acute sense of analysis. They are perfect in their role and they will be able to speak about these messages with much conviction, having understood them in all their subtlety. We have explored a certain number of aspects of human behaviour and tried to draw your attention to the faults which you must correct to further your progress. We suggest to you a way of thinking and being, quite simply. It must put you more at ease with others and yourself. We don't impose anything and don't want to make you feel guilty on any account; that is not in our method. We only wish to help you to see yourself in your own reality and to make the decisions you deem useful for your inner transformation. You are the only judge of your behaviour; your fate lies in your hands. We only want to make you become aware of what these behaviours should be, so that you can go where you wish.

Saturday, December 2, 2000 - 10:00 a.m. The human body suffers from all kinds of ailments. Vibratory imbalances are most often to blame. They can stem from a multiplicity of factors: weakness of constitution predisposing humans to these disturbances, planetary influences, various types of pollution and geomagnetic disruptions all contribute to these internal turbulences. Consequently, the psyche can be affected. It is too often blamed, though it is not responsible – that is the easy way out. One dwells on the manifestation, without really being able to identify it, and not on the real cause. The interpretation is often incorrect, and inappropriate treatments sometimes accentuate the problems rather than resolving them. Official medicine will have to open up to research that is foreign to it. It will have to reconsider human beings in their vibratory environment, which depends entirely on these surrounding magnetic fields capable of disrupting the cellular environment. The whole approach should be reviewed, it is an area that is poorly explored at present and will lead in the future to broad avenues of research.

Wednesday, November 25, 2015 - 10:00 a.m. Dive into this ocean of love where your soul delights; for this, surrender is indispensable. Your faith in us carries you and works wonders. You receive these messages with the heart and not the mind, and this is what makes the difference. They will remain one of a kind, we emphasise it once again. They will leave their mark on these times and in the future will become one of the references in this Sahaj Marg path. Repetition is necessary in this area as elsewhere; it is the driving force of life. The hierarchy of Masters is following the expansion of this way with utmost attention. Its difficulties on the material plane do not leave us unmoved. We are doing our best to address them, particularly in some situations. We are thinking of Hyderabad, this future high place of Sahaj Marg, which will become in its own way the pearl of the Mission. It is important to focus on this edifice that is close to our hearts. The future will highlight the many extraordinary aspects that characterise it. What must be will be; nothing is ever easy here below. So it is with humanity, and this is not about to change. Everything happens slowly here below – such are the laws in the current era. The deep motivation of abhyasis does the rest; persevering and keeping faith in spite of everything is a valuable asset. The future era will bring another dimension to what characterises life on this Earth today. To the divine powers, nothing is impossible. Blessings to all

Saturday, November 28, 2015 – 10:00 a.m. A love story like this is eternal. It is nourished from one lifetime to the next by all that is most important and essential for the advancement of the soul in need, as is the case here. Why would we set any limits? We are expressing ourselves for good reason. These messages are appreciated by many of our brothers and sisters who, in reading them, feel connected to our hearts. They are not mistaken; our work goes far beyond what humans can perceive. It is so gratifying to see over time beautiful souls blossoming and overcoming limits that are humanly unimaginable. Human beings feel very small before the Eternal; they are one of the elements answering the needs of the entire Creation. Following a spiritual path and being truly engaged lightens one's vibrations and allows access to a more subtle level that is decisive for such a journey. Here, nothing is trivial, everything has its *raison d'être*. What we ask people to put into practice in this process constitutes a whole capable of giving them access to higher levels. Nothing is perfect on this way; human beings are what they are, but this commitment allows them to go further and to cross limits beyond what they thought possible. Sahaj Marg brings about real progress, you can be sure, and we are well placed to judge. May all be convinced of the need to progress while truly devoting themselves to this way of the heart.

Sunday, June 24, 2001 – 10:00 a.m.

Interiorise yourself, you will find in your heart reasons to continue your way. Each human being has a potential they must make use of; every one is unique and carries in them their characteristic mark. One's story is written in the registers of time and no one can shirk it. We repeat ourselves in these messages, but all your life is about repetition. Since your birth, you advance in a pre-established program, made of continuously repeated actions. You cannot escape this monotony; it shapes you, it gives you solid and necessary foundations. A human being must be structured, physically and morally, within a socio- cultural frame, which moulds him to foster his spiritual process. He must go through all states, put up with his social condition, his environment and his health. Being able to adapt is a sign of wisdom, which gives fortitude to face up to events. You should enjoy being alive; it is very formative and in line with your evolution. Put regrets and resentment aside. Build peace around you and in you, by turning a blind eye to your brothers' imperfections; they see yours. See to it to love without distinction and you will grow in wisdom.

Sunday, October 1, 2000 – 10:00 a.m. [Saint Thérèse of Lisieux Feast Day]

M: "O Babuji, thank you for allowing this contact."

Your "Little Sister" (St. Therese of Child Jesus): Who will believe that I have come towards you on this celebration day; that will remain our secret. Your sincere and disinterested love always touched me. I am happy to have been a guide for you, until the moment of your encounter with the 'Beloved'. We are here in his light and the radiance of his great kindness. Your heart could not do anything better than offering itself to his heart. My dear sister, God in his great mercy has made it possible for us to be united. Your path is special; you have not taken holy orders, but it is life that has given orders to you. I am happy to express myself like this, which I have never been able to do until now; it is a grace for the two of us. May these moments remain vivid in your heart; we will meet again one day and you will then be able to let it overflow with joy.

B: You are sisters-in-soul. It is good for you to love and follow faithfully this great saint. She deeply influenced your life and this form of relationship you have developed for so long, has brought you towards me, quite naturally and in the same spirit. I bless you both.

Thursday, November 23, 2000 – 10:00 a.m. You can take a break and look back. Look at the work you've done: the number of messages you have captured and that have been keyed in and printed in a format that's very easy to read. You have good reason to be delighted, even though we must give you a little break and reduce the pace to which we subject you. There is a good harvest, believe me. Many people around you would be happy to make the most of it. They would have all the eagerness required to read them. We understand your regret at not being able to make it so and at having to hide this activity, but you are well positioned to understand our reasons. Discretion is not always easy to keep; that's how humans are. They are inclined in their turn to confide in others, and henceforth secrets come out. Stay with the same setup for now. The time will come when the circle can be enlarged. The decision will be jointly taken by my son and you. Let's let minds evolve. In these Western countries, one must be very prudent and wait for the right moment.

Wednesday, October 4, 2000 - 10:00 a.m. Don't dwell on what is said in this book on channelling. The issue is complex and there are no reasonable scientific explanations of this state; the ones given do not capture the most outstanding aspects of channelling. True mediums are chosen. In old times, they were recognized and respected, more particularly in some corners of the world. Prominent personalities used to consult them and take account of this in the important decisions they had to take. Some heads of state do the same today, but they are careful not to disclose it, fearing to be the laughing stock of the ignoramuses. It's worth stressing that true mediums are rare. Do not seek to know more about this topic; further explanations would not convince obtuse people. You have better things to do; make of it what you will. Excessive materialism drives individuals away from true knowledge and the real capabilities of the human being. At the speed things are going, men will become robots one day, really completely dehumanized. Before long, the innumerable resources of the brain we have already alluded to, will not be recognized and used. Many steps remain to be cleared before reaching the Age of Enlightenment. That is the way it goes.

Thursday, October 5, 2000 - 10:00 a.m. Yes, it's easy to criticize. It is so easy to speak without thinking. It would be better to do so before stooping to say things you will regret thereafter. This way of being is one of the weaknesses of the human being. Try at least to cure yourself of this aspect. You should bear in mind that you are also a victim of this behaviour. Make sure you don't become vulnerable to shafts that your fellow men can direct against you; they will not miss you, no matter what you do. If man actually wanted to focus on himself and analyse himself without failing, he would save time and would advance more quickly, in terms of his personal development. If this soul-searching seems tiresome to you, you should bear in mind that, sooner or later, you will have to do it with extreme rigour. You'd better prepare for it now, if you really want to advance. We don't intend to stand as moralists, to bother you with our eternal remarks, warning you on what hinders your progress. It is with love and a great concern for your persona that we put forward these remarks. It's up to you to take account of it or not. You are precious in our eyes and our advice is only meant to foster your awareness.

Friday, October 6, 2000 - 10:00 a.m. Keep a check on yourself and continue to make efforts so that the asperities of your character can be smoothed out. We all went through this stage where we had to be vigilant not to be in contradiction with our desire of perfection. Nothing can be earned without effort. You have to come back to your weak points constantly, but this process is necessarily successful. I see how much your attitude toward my son is changing. That's how you can please me more; continue like that and all will be well. There are some good initiatives emanating from the Montpellier ashram. It is good for the abhyasis to meet and reflect together on the multiple benefits of the method. They must focus on what is felt at the personal level as well as the analysis of the various states created by the abhyas as a whole. Each one must have the opportunity to express themselves on their process if they so wish. It is not about delivering speeches, but saying simply, while letting one's heart speak, what results from all this work. It is a process which helps awareness of the progress being made. There can be something in it for everybody if these meetings are attended with a positive and constructive mindset.

Wed April 24, 2002 - 8:00 a.m. The ways of God are unfathomable, they say. Why is His choice fixed on such and such a person, for a given function? There is the mystery; that is the way it goes. There is no point in dwelling on the subject. Being in a state of surrender and confidence with respect to His works is still the most beautiful way of loving Him. Why envy the beings who are 'chosen'? This fact constitutes a brake on one's evolution. There are many unfortunate examples in our way. Great wisdom consists in recognising that no one is authorised to judge one's fellow man, let alone the Master or his choices. That is how the esoteric tradition goes. How would the abhyasi be able to know better than Him what should be done in certain circumstances? Only dark reasons..., so it seems, since it is not up to him to decide, to know what is good for the Mission or for the individual who serves it. The abhyasi has a lot to do with himself; he should leave it there. The Mission is doing well. It is making progress in spite of the vagaries inherent in all that is created and lives here below.

Saturday, October 7, 2000 - 10:00 a.m.

Lalaji: Render thanks to God for being chosen by my son. The laws of the heart are powerful. This relationship between him and you is beautiful and productive. If read attentively, the resulting series of messages provides a teaching accessible to all. This way of love of yours, you have been constantly assertive about it; it embellishes your life. That is where it can lead and what it is able to generate. Carry on your way in this hidden fervour, which stimulates you and gives you courage to advance. Remain in the same spirit, you have my blessing.

B: My Revered Master values the work done so far. We would like it to develop differently. We await a favourable moment for that. Nothing should be rushed with human beings. You all are subjected to currents and counter-currents of thoughts as well as various energies. All must be settled and become clearer. You should note, my dear daughter, that you have done a good job. The crop is good; you can be delighted. We know that you do not attribute any merit to yourself. We can express ourselves on this point, without giving you any egotistic satisfaction and we appreciate that. That is what we wanted to tell you today, with due respect to your modesty.

Monday, October 9, 2000 - 10:00 a.m. The transmission of the impulses which is done at the level of the autonomous nervous system regulates the various functions of the body. We have alluded to it in the previous message. That is where the speed of light comes in. Physics, as now being taught, gives an inkling of this process. This nervous system is a vast network, comparable with a power plant. Its function is essential; the exchanges on the level of the cells take place through this very complex assembly. It is like an admirable mechanism that is far from being understood. There still remains much to be done to make an inventory of the multiple capabilities of the human body. The main things, i.e. the energies that power it, are not known as much as they should be. Civilizations that have disappeared, very advanced in the knowledge of these phenomena, went far in the way of treating some disordered states inherent in a bad circulation of energies. Medicine, in the Occident, deliberately ignores this aspect of the human body, dwelling only on matter; it does not address the true problems. All light will be shed in the future on 'this impalpable', which disconcerts the seekers. The majority of them voluntarily leave it aside. A great revolution will be needed on this aspect for the good of man, who will, more and more, suffer from unexplainable disordered states due to many forms of pollution.

Wednesday, October 11, 2000 - 10:00 a.m. The spirit of Sahaj Marg will live on, no matter what happens. There is nothing to worry about it. Do not let yourself be impressed by the political system in this country; what is good always ends up prevailing. Eddies are useful; they sweep away what is undesirable. Our way is supported by the higher authorities, and it will carry on its way, in spite of the madness of men. Take refuge in this inner space where all is beauty. Leave aside the world which surrounds you; your realizing how it is, will not change it. Contribute to making it advance by doing an increasingly refined work on yourself. A luminous day is rising in your heart; let it open out completely to the divine presence. You should become more and more conscious of this unique gift being given to the man of goodwill. His omnipresence in him is the most precious good he can have. He cannot sense it easily; he must search for it and deserve it. Your fellow men often lose sight of this objective and let themselves be won over by the false attractions of this world. It is not easy to resist the temptation of an effortless life and its deceptive appearances. Letting oneself be carried away by these kinds of human inclinations, only brings disturbances and feelings of frustration. If such is your case, it is time to react by opening your eyes on the realities of life.

Saturday, June 6, 2009 - 11:00 a.m. Making these messages known is a 'punch', aimed at the ignorance of humans - an ignorance that is so widespread among them. This expression is deliberately colourful to show our acknowledgement of the situation. Only strong-minded people can make things evolve, with due respect to 'over-scrupulous' people of all sorts. With this courageous act of its Master, our way places itself at the leading edge of a movement which is just starting. It is time that this world advanced, before it is completely overwhelmed by the fate reserved for the whole of humanity. So it must be, and will be.

Tuesday, October 10, 2000 - 10:00 a.m. Man uses consciously only one small share of his potential. Apart from some beings exceptionally gifted, more advanced than the average individual, most people correspond to the level of evolution of the Earth in its current cycle. Evolution and regression belong to a system, which consists in balancing out the karmic forces. We will not venture any further into the meanders, which would not really enlighten you about the human condition. These laws go beyond the current understanding of the incarnate beings who come [to Earth] to do a precise work for their evolution. The understanding of these great intentions is not essential. Some form of knowledge is accessible to those who are really interested. Although this knowledge is erroneous on many aspects as it stands at the dawn of this century, it remains an element of reflection on the greatness of the universe. In the face of this complexity, man must feel small, but grateful for the attributes granted to him. Creation as a whole remains a mystery for the best scholars who believe they have found a rational explanation for everything they have explored so far. They have only raised a negligible portion of the veil; but searching is not a vain process, only the greatest humility in this area is reasonable.

Thursday, October 19, 2000 - 10:00 a.m.

The Venerable has done good work on you, and it is now that the results can be seen. Time has also done its work in the double aspect of creation, where everything must be born and die from this world. This action is ceaseless and necessary for its balance. The cycles of nature are edifying on this point; it is enough for you to observe it. It is an accurate mechanism, which regulates its various phases. All is immutable in this environment, with the repetition of the seasons and their effect on everything that lives here below. This work is done naturally, without noise, in greatest discretion. Allowing for exceptions, man has longer periods of life, but which undergo the same rules: development and ageing. Certain periods of the year affect the human being more, just like the animal or vegetable kingdoms, which must adapt to the changes. Maturity generally makes it possible—if that is not already done—to become aware of the realities of this world and to seek within oneself, that which must outlive this perishable physical envelope: the Immutable, the Divine, this light existing in the heart of the being, and which is waiting to reveal itself in all its glory and its beauty. This is the goal of any incarnation, whether understood or not: such is the project which, sooner or later, must be carried out.

Sunday, October 15, 2000 - 10:00 a.m. Electric pollution has drawn your attention for a long time. It is destructive and man is affected by its consequences in his subtle bodies, which pass them further on to the physical body. The Earth is surrounded by a kind of netting which seriously harms the gaseous exchange. This results in disturbances affecting the whole of the biosphere. These phenomena are felt down to the infinitely small. Your energies try to adapt to these turbulences. Certain areas of the world are more affected than others. The oceans play an important role; they represent an enormous amount of water, which neutralizes part of this pervading negativity, but there are limits to this process. The polarity of the Earth, necessary to its balance, is permanently thwarted. New energies will have to be used in the future, for the good of the planet and its inhabitants. Cries of alarm have been uttered for years by illuminated seekers, without their pronouncements being followed up. Only absolute necessity will make the countries holding the greatest power make decisions. There remains a long way to go to bring men to more wisdom. The supremacy of money is boundless. May good decisions be made in time for the good of humanity.

Saturday, March 7, 2009 - 10:00 a.m. May each day in your life be an act of faith, carried by divine love. Thus your heart is in jubilation; serving us and loving us is enough for your happiness. You have understood the main thing, my daughter, in this world where all is vain except the quest of the spirit. Your sufferings and your isolation, far from all that you love in nature, have their *raison d'être*. Your isolation contributes to this flowering of messages, which the world will remember and, one can even say, the worlds, since they go far beyond Earthly limits to help other souls. This is an aspect to consider; it is an established fact. This is how it is for anything divinely inspired.

Sunday, June 24, 2001 - 8:00 a.m. My dear daughter, do you realise the long way we have come together and all these messages which have piled up with the passing days? Some are nothing more but vague memories for you; make an effort to read them again, you will rediscover them. You have come a long way since our first contacts and your reading will no longer be the same; it will stir other echoes in you. Do not disavow what you wrote quite simply at the beginning of our contacts. This story – which had outcomes you could not imagine – had to have a beginning. Thus does one inch forward on the way. Your story is that of all burning hearts that follow us with faith. We do not promise them that they will reach the goal quickly and without efforts; in this area, there is no easiness. As you reached the crossroads, you made a choice, you, our candidates, whom we are guiding towards the highest spiritual realisation. May patience never leave you. It is your strength. Your perseverance in the effort is the guarantee of your results. You have all the necessary elements for a nice success; we guide your steps and we will bring you to victory.

Saturday, June 23, 2001 - 10:00 a.m. You could not have a better example of surrender, humanity and faith than your favourite saint [St. Theresa of Lisieux]. In the springtime of your life, she burst into your heart forever. Her teaching suited you; her devoutness was in line with the then prevailing family and religious context, but her mind was universal, which appealed to you. Your heart already aspired to great spaces where divine love can bloom with complete freedom and radiate unrestrainedly, escaping restrictive dogmas. It was calling the infinite, powerful and exciting love which elevates above the baseness of this world. Her purity of heart captivated you. She had a strong influence on you and your souls remained united in divine harmony. Each great soul has its own specific mission; hers was to touch hearts by the simplicity of her own path. She did win an impressive number of souls who were searching; such was her action and her influence, which is being perpetuated. God has a rich palette, which He uses advisedly to help His creatures. He has more than one means of attracting them when the moment has come and a soul has turned towards Him, thirsting for love and virtue.

Tuesday, June 26, 2001 - 10:00 a.m.

Has all that we told you throughout these daily contacts not convinced you of our presence by your side? How must we express ourselves to reassure you and inform you of the events of this brief incarnation? Imagine you are travelling, having to carry out some amount of work required in your contract. Will your service record be satisfactory? The outcome depends only on you. Let yourself be carried away by the impulses of your heart, make sure they embellish your life, they can change the most insignificance into a real ray of sunshine. Do not balk at an obstacle; you would reduce your strength. See how a restive horse can slow down its pace before an obstacle. It jeopardises all the efforts made previously; its behaviour severely harms the pursuit of success, which is the goal of its current condition. Do not get on your high horse because of this comparison with a horse specimen; the thoroughbred has reached a level where mistakes are no longer permitted. It must succeed; it has no option, on pain of falling back. It also, within its capabilities, is the master of its fate. We wanted to give a humorous twist to a teaching, presented from a different perspective, which shows the active part you have to take in your evolution.

Saturday, June 23, 2001 - 8:00 a.m. My dear daughter, we understand your great weariness. It does not mean lack of courage; ordeals manhandled you throughout your lifetime. You aspire to calm, to serenity, to living your spirituality in peace. That is what we wish for all of you who are in search and have chosen our way. You must stand back enough to make sure that this spiritual life in you should not be affected in its blooming. You should also disregard, as much as possible, all the disadvantages related to an incarnation in a body of flesh which undergoes the ravages of time and all the incidents due to the way of living on this planet. You cannot be spared of this burden. Being more or less heavy according to mysterious karmic laws governing your lives, you must accept it [this burden], if possible, without excessive complaints. You are doing your best; the state of saintliness is not accessible easily. One has to earn it patiently, with love, as if one is chiselling a rare piece in the eyes of the Almighty who knows all your weaknesses. However small they are, efforts made in this direction, in acceptance and surrender, are very important in His eyes. He encourages, He comforts, He helps his creature to grow and pours into his soul a perfume of a rare subtlety, which will impregnate it forever.

Monday, June 25, 2001 - 8:00 a.m. My child, be reassured once and for all, you communicate with the spiritual entity of my son, even if his incarnate being does not necessarily retain the memory of it. This can be found to be amazing, but you must get used to this idea. Why would this not be possible with a being of this spiritual stature? Aren't you used to the irrational? The most privileged humans in this aspect can only access a very small area on the fringe of the great mysteries that govern the universe. Tranquillise yourself, you are not telling tall stories; you have your feet firmly planted on the ground, which makes all the more credible your forays on to other planes. Humans are disconcerted by what they do not understand or try out themselves, as they do not have the possibility of reaching this elsewhere which is beyond them. More and more people will open up to this reality. In the future, these writings will be a reference for many abhyasis. To them, benefiting from a teaching of this kind will be equivalent to receiving a grace. Beings of a much higher spiritual level than most of the current majority of individuals will establish the kingdom of peace and love on this Earth. They will gladly feed on subtle energy emanating from another dimension, in which they will grow stronger to contribute to the construction of this imposing realisation of the future.

Tuesday, June 26, 2001 - 8:00 a.m. Don't worry; you are doing what you came for. It is true that the spiritual nature of a being is different from his physical nature; these two natures live, shall we say, separate lives, even though they may happen to interfere with each other. Your spiritual bodies are immersed in another type of energy, another light, which your senses cannot perceive, as they are so limited by the grossness of Earthly vibrations. These are desired limitations necessary to your work here below. The spiritual work refines you; it is like a lamp that lights your way and alleviates your burden. The teaching you choose to accompany this work is decisive; it corresponds to your evolution. If your choice is good, it saves you invaluable time. Your stay on Earth can be compared to a pilgrimage where the way being used is of the highest importance, taking into account its length and the many pitfalls punctuating it. Your spiritual nature urges you, as far as it can, to take the right direction, but man often remains deaf to its injunctions, thus missing the main thing. May you waste no more time and open your eyes upon the reality of your lives.

Tuesday, June 19, 2001 - 4:00 p.m. You should understand well that each test is formative and necessary to your evolution. We have said it time and again as this principle is the foundation of everything. Be edified in this aspect and respectful of the game whose renewed developments punctuate your life. You cannot escape from it; therefore you should participate better in its vagaries willingly. Make sure you appreciate each moment, whatever it is; it has its importance. Wise people thank God for placing them in varied situations where they can show their faith. You can realise, through these comments, how much you must progress to arrive at this stage of surrender. Love makes you grow and become stronger to an extent which you cannot even suspect; in some circumstances, it carries you and amazes you. Grace answers this attitude: it elevates you and transforms you. Be happy to be on the way, to have understood where priorities lie and to make your life an edifying example for your brothers who do not have the help of faith. Can you imagine your life without it? It would be devoid of interest, of reasons to fight, to fall, to get up again, and set out again with one's heart at rest towards the next obstacle, which one day will be the last!

Wednesday, November 22, 2000 - 10:00 a.m. We ask a lot of you, we understand your weariness. The state of your health isn't conducive to such an all-absorbing activity. Your willingness and desire to satisfy us drive you forward. My dear daughter, please believe that we appreciate it. We are going to slow down for a few days to let you recover. Of the many messages received, some will hold, for a moment, the attention of those who read them. Other more discerning readers will perceive through these lines more than appears on first reading and they will nurture themselves spiritually from them. Nothing can be forced. Hearts ready to receive them will receive according to their expectations. You are doing what we expect of you, you cannot do anything more. Time will decide on the future life of these writings. Rest assured, they won't be relegated to a drawer forever without having a life of their own. Beware of your reactions; take care to keep all that you write. You mustn't do any sorting, everything must be retained. Time will tell in this regard. Those believing they are superior will be tempted to revise everything; you must be wary of this.

Monday, April 19, 1999 - 8:00 a.m. M: "Can you cure me, Babuji? They love you so much, Babuji!" You can benefit from my heart; is that not enough? Be patient and try to listen better; we give you information about your health, you don't pay attention to this. The day I rejoined my beloved Master was a very beautiful day. My soul was overflowing with joy. I had been looking forward to that since so long time. I did all that my Master expected of me, with love. Our meeting again caused an outburst of joy in the beyond; the wait was so long. The sadness of my brothers and sisters on the Earth was touching. This love, I return it to you all hundredfold. A day will come when you will be able to witness its strength. I am completely satisfied with my son. I could not have a better successor and you a better Master. He is tireless; his capacity for work is amazing. The Mission will continue after him. Another Master will succeed him, whom we are preparing. His work will be carried out under a different framework. The Mission changes with time; it keeps expanding and restructuring. It needs men of different nature. Our personalities are suited to the time wherein we live. Our successors will have an enormous work to achieve. In the future, the Mission will expand across the world; Sahaj Marg will benefit the whole of humanity. I am happy, in the wake of my revered Master, to have contributed to laying the foundations of such an edifice.

Saturday, November 25, 2000 - 10:00 a.m. Your desire will be granted; moreover, it corresponds with ours. You know the difficulties we encounter in France and the decisions they lead us to make. It's upsetting, but what can one do against such forces? In the past, you could all have thought there was some exaggeration in our comments. You can all see now, and will see even more in the future, that such was not the case. Fortunately the Mission is taking off in other countries where freedom of thought and action is intact. On this issue, France should review the slogan that used to characterize her. Don't be saddened by the new rules that will be implemented in this country, as well as in other neighbouring countries. Old Europe is like a great, old and frail lady, submissive to a powerful ancestral entity that reemerges when one has imagined it to have weakened. Your devotion and your practice must not be affected; on the contrary, future ordeals should reinforce them. The Mission advances, the Mission grows, so be it in your hearts. Continue, all of you, on your way, in spite of the abusive politics of this country. Your aspiration to go forward must not slow down on any account.

Sunday, November 26, 2000 - 10:00 a.m. You should not feel 'out of step,' as you say, regarding your spiritual life. You must accept the ordeals and the worries of daily life even if your true nature is of another kind. These difficulties at the material level are an excellent working tool; they can only serve the higher levels. Do you believe that my son and what he represents does not undergo that discrepancy, which is humanly difficult to cope with? Things must be that way; an incarnation in this world cannot escape this process. Whatever the goal of it, one must face the realities that are the rules of the game here below. It is necessary to endure, while giving thanks for the opportunity that is given to work on oneself. There is no way out. Human beings are possessed of free will, but they can't escape strong points of their existence; they must manage them at all costs. The assessment of their stay on Earth will be done according to this criterion: were they able to face up to things, and in what state of mind have they settled their accounts? Did they keep faith and confidence, and were they grateful for what they received? There lies the determining point for the success of their lives.

Sunday, June 27, 1999 - 8:00 a.m. Lalaji : Yes, I am in you, in a way, for a specific work which you will understand later; never mind, go your way. Open your heart further, let it express itself, do not always curb its manifestations. You all are unaware that you live in a sad society where humans find it more and more difficult to communicate. Many other countries where there is great misery manage to live better, in a way. You live in a very hard and dreary world where life, by and large, cannot satisfy you. You are like houses where the windows, the shutters and the doors are double-locked. Open yourselves. Let the light come in, without us having to break in. Your way of life, of instruction and education, frightens us, because it is not easy in this context to reach your hearts. Let them open up, express themselves and live, so that the spiritual, this predominant aspect in human beings, can blossom. Think about it; you are all in the system and you don't even realize it. We want only to help you and not to criticize you. It is up to you to see and act if you deem it worthwhile. That is all.

Monday, November 27, 2000 – 8:00 a.m.

You are just a 'nothing' placed on my heart, so you say; that estimation shows your way of being and the surrender that characterizes you. The definition is simple and may appear simplistic to some minds, but this simplicity of heart must be reached, precisely. It is not necessarily innate, unlike your case. It is the result of a long spiritual progress punctuated with many accepted ordeals, all having contributed to leading you to this state. The intelligence of the heart is of primary importance. It is the fruit of a long ripening that brings the soul to a state of permanent and subtle love. What you live internally is a precious good. In order to not disturb this harmony, you wish only to drink in a teaching that nourishes you every day. You have understood its profound meaning. It corresponds exactly to you all. It tallies with your practice and the level you all want to reach. We adapt it to your personalities; your vibrations result from the work that is carried out on you elsewhere. It's good for all of you to understand that and to hold to what it can bring you. It's good for you to admit that we want to touch your hearts, to bring them to a greater wisdom. (10:00 a.m.) M (not the medium) is right: these messages are a 'tailor-made' teaching adapted to what you all are and what you would like to become. We don't ask you all to read us exclusively, but you who have the good luck to access them, you should truly immerse yourselves in them before going to hear other voices, however right they may be.

Tuesday, November 21, 2000 – 10:00 a.m. Yes, you are the link, the mere nothing as you call yourself, that permits us to communicate on this plane of existence with my son. It is a slightly different approach from what he's used to and he appreciates it. You know, since you have also experienced it, that a written confirmation reassures the human side of the being. What is experienced at the level of the heart, that which you call feeling or inspiration, is more often than not impalpable and difficult to verify. A written message is more edifying, it confirms what is already sensed. Human beings by nature need to be reassured. Whether they admit it or not, it is their nature that requires it. They feel fragile in the face of the ups and downs of existence. He or she realizes they are not able to master everything and that, like everyone, they must undergo the consequences of events. They are alone in the face of all sorts of tragedies that inevitably occur: illness, the death of loved ones, all the things that occur in life and that no one can avoid. Given this perspective, the greatest humility should be the order of the day, for each one of you.

Tuesday, November 28, 2000 – 10:00 a.m. These messages offer another aspect of our teaching. It is more focused on personal work and on the efforts you must all make to be in line with ours. The Master does his work, but only you all can modify certain traits of your characters. We can't do it without your participation. Spiritual work tones down your egotistic reactions, but you are at the heart of the problem, and you must all manage the transformation of your personality. Don't think that it's enough to move forward while saying that it's Master who does everything for me. Your personal investment must be significant. No path can give convincing results without the efforts of the aspirant. It's necessary to re-examine this notion anchored in the minds of some abhyasis who think they can rest on their laurels without making the slightest effort. You must all know how far you want to go, put a strategy in place and stick to it. Here, as in every other field, results require a minimum of work. May these messages help you become aware of this. Wake up and act.

Wednesday, November 29, 2000 – 10:00 a.m. Why deprive yourself of this state which you particularly appreciate? Meditate more often, even for a short time, since your body can't bear immobility for too long. Short meditations repeated throughout the day would be very beneficial for you. Abhyasis must adapt the practice to their possibilities. We don't impose fixed rules. Some of them juggle with a very tight schedule, but they find the way to devote enough time to what they consider to be of prime importance. Don't you all find the best refuge, far from the world and the noise, in this space that none can invade and appropriate? Do what you can to embellish it, to give it the letters of nobility it deserves. It's a divine right, which is reserved for you all and which you can use as you wish. May the light gush forth in you and reverberate to infinity, carrying along other hearts offered to divinity, who are serene in the face of life and aspire to an eternity vibrant with love.

Thursday, November 30, 2000 – 8:00 a.m. You will not change the world; you can only note that it's beset by all sorts of preconceived ideas, taboos and manipulations. Human beings can't always be discriminating. They are led to follow erroneous theories; for lack of really understanding the issues, they advance with the general flow. In the field that preoccupies you, medicine, it's true that it brings back to the psyche whatever it can't grasp regarding the complexity of human functioning. It is said to play a major role that it doesn't have; it is only a part of the mechanism. Human beings do not create their own diseases. Their minds are an acting force, but other decisive factors come into play and are ignored in the current state of medical knowledge. It will take a long time before the genuine trigger of disharmony between the various organs of the body is recognized as being the cause of most diseases. It is useless to embark on this route and raise arguments that would not be admitted by a majority of people, trapped in current theories. For those who are convinced of the prevailing system of thought, such arguments would be pure fantasy.

Thursday, November 30, 2000 – 10:00 a.m. Human beings are only passing through on this Earth. Medicine, on the other hand, makes progress according to the evolution of the times and the prevailing comprehension. In the future, highly complex devices will be used to assess, with accuracy, the vibration of the various parts of the body and restore their respective equilibrium, if need be. A medical treatment will support this diagnosis and health will be restored without difficulty. The ageing of the body and birth abnormalities have another cause, in the health field. The karmic laws must inevitably manifest themselves as determined by precise rules. Humans no longer live in a natural, healthy environment, and this leads to so-called diseases of civilization. There would be many things to say on these subjects, but they don't fall under our teaching. People must move forward. Whatever their living conditions, they are a means for them to take advantage of, for their own evolution.

Friday, December 1, 2000 – 10:00 a.m. To achieve perfection, the greatest humility is required. It is true humility, without the slightest failing. This is what differentiates high level Masters from the common run of people. Their progress must be flawless, which may seem exaggerated to people, all these subtleties being beyond your understanding. The way ahead is full of obstacles, but they are not insurmountable. One has to know what they are exposed to, and face up to things without complacency. Don't let this programme frighten you. Nothing is asked of all of you that is beyond your strength, but you should know that the struggle is endless. When you are determined to make suitable efforts to go further, you will have taken a big step. Complete acceptance is critical; you all cannot be helped without it. Advancing towards realization is more difficult than it seems. You did not consider it this way, just know that grace comes to encourage your slightest efforts, and nobody is expected to do the impossible.

Friday, December 1, 2000 – 8:00 a.m. Infinite love leads the greatest beings to extreme reactions. Their awareness of perfection has reached such a level that it's not easy to manage. There's neither exaggeration nor weakness here; the cause lies in the need to be in perfect harmony with the Divine Creator. The human being has a long way to go before attaining this very high degree of perfection. It's not easy to reach and requires great sacrifice. All these concepts are beyond you all; you take pleasure in your behaviours, which you find acceptable. This is why we insist so much on making you open your eyes to the many failings that characterize the human being and that must be left behind. We are not exaggerating anything; sooner or later you will all manage to become aware of your shortcomings, and you will be face to face with a reality that will overwhelm you. You will then have to assess the whole journey and re-examine your shortcomings from A to Z; this is inescapable. Either you continue to stagnate or you tackle the problem. Laxity is more comfortable, but know that the moment will come, in your evolutionary cycle, when you will all have to take the necessary measures.

Sunday, May 30, 2009 – 10:00 a.m. In these ethereal spaces where your souls are delighted, they find their substance and are regenerated. Such is the goal of these moments of escape where souls unite and merge in the service of the Divine. Subjected to the power of the sovereign Spirit, they follow an established path, and most importantly, one that is actually in line with the divine order.

Saturday, February 8, 2009 - 10:30AM The courage of my son is fruitful. This long talk on the messages touched more than one heart, conscious or not of the resulting effect. The analysis of his remarks will make many see the messages in a different light. Everything advances slowly in the world of men, especially at the current level of consciousness where it is advisable to act. As a whole, 'Master's message' is well accepted and understood. Time will do its work, with increasing broadmindedness, in times to come; it is in the nature of things. To stagnate is not the characteristic of our Mission; it is neither centered on power nor on material profit. Its purpose is to help humanity to progress towards a level adequate with overall evolution; it is in the nature of things. This expansion of consciousness is inevitable; our way is contributing to it, insofar as all feel concerned and are already fully aware of it. Enlightened beings will appreciate our 'audacity' as regards teaching; everything must contribute to this broadening of consciousness which we allude to. Our principal aiming is there, in terms of publishing these messages. Happy are those who understand and benefit from the special vibrations emanating from these messages. May all advance on the path of evolution; such is our vocation here below, for the good of a humanity trapped in the darkness of ignorance. Blessings to all.

Saturday, April 14, 2001 - 10:00 AM If what you are saying about our importance in your life is true, how can you be so sad and discouraged? Your physical sufferings are not new. Therefore, please do not let yourself be overwhelmed by these reactions about television programmes in which we are reportedly mentioned through belittling comments. That is life; you were not born yesterday and you know that human beings can easily be unsettled by any rumour and relish resulting situations. Meditate, my child; nothing lasts forever. One day, these media will turn to other topics, when they have exhausted all the aspects of this one and the public opinion will have become tired of it. Humans are unstable and changing. They can turn against what they held dear, or discover what they criticized strongly, without valid and justified reasons. That is how man is: he talks about our exerting mental manipulation whereas he is the first to let the gutter press and public opinion, lacking in sound judgement, manipulate him. Please, regain joy in that which consists in loving and serving us, without worrying about the fickleness and lack of discernment of your neighbour. Your earthly life is not eternal. When you are freed from your chains, you will come and rejuvenate on the celestial, green and flowered meadows, as you like them. Be patient, my daughter; everything happens just at the right moment. We give you all our love and attention, you are not alone, as you believe, and this life of unrest is momentary. Remain confident and keep hoping for better days, for you and for the Mission. We are with you, never forget it.

Monday, December 4, 2000 - 8:00 a.m. What you are undergoing due to your health problems serves your evolution. It is necessary to see the positive side of the situation. Is this not what you request: to advance, to get rid of the dross that weighs down any forward movement? Give thanks for what you are given: you have a beautiful life, since it meets your expectations at the spiritual level. Your channelling gives it a particular dimension: it gives you access to planes where you can dialogue with high-level entities. Your path is far from ordinary. The university that you regret not having attended would not have served you with regard to what we expect from you. Be thankful for all that you receive - you are privileged. You have numerous assets which you have been given in order to fulfil the role reserved for you in this incarnation. To serve us is your main objective, even more than your own evolution. We appreciate this state of mind entirely focused on service. It is the best attitude an abhyasi or, more in general, any human being can have - that is to say, to serve others for the love of the Creator. The 'every man for himself' is in no way a good solution.

Tuesday, March 31, 2009 - 10:00 a.m. My dear daughter, this encounter is to some extent 'historic'; such a word is not too strong. All this is a little beyond you; how could it be otherwise? The future will show the validity of our comments for this life and future ones. That is the way it goes. Your story will stand out in the annals of time, in a world where people will have opened their minds to a higher reality.

Tuesday, August 27, 2013 – 10:00 a.m. Regain serenity. All this turmoil does nothing to facilitate the interiorisation process that is required here. Keeping yourself aloof from the material world leads more easily to the desired disposition. Immerse yourself in this space of peace and love, where you excel in love and service. Here, everything calms down and our contact is facilitated. Loving hearts always manage to find the way. When they finally reach the one that suits them, they transcend the human turbulences that are inevitable in this world. They know how to find within themselves that which they need, and they drink from this very special source. The Sahaj Marg way, as simple as it may seem, leads beings to the level that befits them. They advance with time and according to their commitment; the way clears up gradually and its harshness subsides. The heart can be delighted and sometimes intensely live moments of true mystical communion. Possessing this faculty is an invaluable asset in life; a big step is thus taken for the future of the subtle being. Everything has its *raison d'être* here below. Tests are necessary; they enlighten and they help humans grow, especially when accepted in the right spirit. Once again, we repeat ourselves, but this aspect is crucial, and no one is spared on this point: sooner or later one has to go through this stage of evolution and comply with that which must be at all levels. In this regard, surrender is the source of wisdom that is perfectly suitable. Accepting, being grateful and living on love in spite of everything – such is the real goal to be reached.

Thursday, August 29, 2013 – 9:30 a.m. The river follows its course; all Earthly elements follow an unchanging cycle. Laws cannot be circumvented, and humans – like everything in creation – are subjected to these principles. Humans believe they are free, but although they are granted some latitude, they have no authority over their destiny. They have to live and cope with it. Choices are reserved for them, but whether they make them judiciously or not is another question. Nothing is simple, and it is not always easy to leave aside one's tendencies and poorly made decisions. Following a spiritual path is a way for humans to understand and realise their smallness in the face of the divine power, and to do their best to grow. The material side is one aspect of this life. People are offered broad prospects in a process like this one where everything takes place discreetly, out of human sight. This very special asset is offered by divine grace; blessed are those who, in their lifetime, have the opportunity to move towards the Ultimate. Abhyasis do not always become aware of their progress, of the work being done in them and the miasmas they have been divested of. No incarnate being is perfect. All must rid themselves of that which is unnecessary and advance with faith and courage – with the immense help of the power of the living Master and the forces constituted by the alliance of Masters of the Sahaj Marg Mission. They are attentive to the needs and requests of each one and of the whole Mission, which is sustained as it should be beyond this world. 'What must be will be,' and Sahaj Marg will continue its course against all odds. Blessings to all.

Saturday, December 29, 2012 – 10:00 a.m. Let yourself be carried away by this wave of love; it enchants your soul. Its treasures are well hidden, but they do not escape us and we are using the benefits they generate. All these years of intense communion have left a fragrance of eternity in your soul. We will meet again, be sure of that. You will follow another path, a different one in terms of action but always focused on divine service – very much so. Thus it is for the souls who have been involved for a long time in this sublime epic. Everything will start all over again, but there, too, your soul will be fulfilled. Serving such a noble cause is a delight; trials at the human level are only meant to strengthen one's resolve to act. For the most part, our brothers and sisters are not spared in any area whatsoever, and yet they devote themselves fully and give their best. Anything done out of love ennoble the soul, but not only the soul – our Mission also benefits from it. The living and divine Master manages this giant ship on the waves of bliss; nothing is more rewarding for him than witnessing the beautiful souls who are moving by his side to secure the future of this noble Mission, which will be remembered for a very long time. So many acts down here are ridiculous; some people spend their lives in a state of attachment to principles and actions that have no valid basis. We mean no criticism here; that is not what this is about. Committing oneself to the noble cause of serving the Divine – that is the real issue. It is an exhilarating action: to contribute to the spiritual upliftment of the world. There lies the purpose, great in its essence. May all our brothers and sisters rise above their differences on the human plane and proceed towards the noblest goal. Blessings to all.

Wednesday, June 6, 2001 - 10:00 a.m. M: "Babuji, you are the sun of my life. I am repeating myself, but how could I live without such beneficial rays that keep warming my heart? It would have died a long time ago. You give a meaning to my life as well as to the desire to fight until the end, and to write what you may wish to dictate to me. Humbly, each day, I bow to you; this contact is most soothing. Your vibration touches my heart; it is powerful, it intoxicates me in these moments. I am like a child, transported by love under your eye. You are as tender towards me as a father, attentive to my sorrows and all my torments. Your Greatness comes down towards me though I am so small, whereas you live in the kingdom of giants. Your kindness towards me is unparalleled; it touches me infinitely. Such a love is worth one's living, to bear witness to what it is, with poor words and never-ending gratitude."

B: You see how easy it is to let your heart go. Do not shy away, make this effort, my child, and keep these lines among ours; they go well [with ours].

Friday, December 28, 2012 - 10:00 a.m. Don't worry, all is well; these messages achieve their objective and they are winning over hearts more and more. For that, everything is being done and has been done for a long time. Doesn't everything have its reason for being? Here, as elsewhere, the divine plans are being achieved. From the smallest to the largest action, everything falls into place in due time and people must adapt themselves accordingly. Do they have a choice? It does not seem so, as it all depends on the supreme Will. Regardless of what he does, the human being must adapt himself to the implications of the eternal logic here below, where many things will change except for this aspect of the Higher Power. From time immemorial, Great Beings have been guided and inspired to meet objectives that are, most of the time, beyond their own understanding. This world works like that, and it is not the only one that is orchestrated in this manner. The universe is immense - a system that is beyond human comprehension. Humans don't have the ability to change their own functioning either; to some extent, they have no control over their physical body, despite the progress of science. Often, and in many circumstances, surrender is their last remaining asset. Spiritual capital is granted to each person, but not everyone uses it. It will take several incarnations to consent to this singular process. Many are advancing and they contribute to the vast divine plans related to the overall evolution of humanity. May all beings someday understand this necessity; our method is also geared towards that. We wish the best of success to everyone.

Wednesday, January 2, 2013 - 10:00 a.m. History has always distorted historical facts, and the spiritual lives of Great Masters have not escaped the rule. Ample evidence testifies to it, but that is how it is; we can't do anything to change it. The same will apply to our path about which, over the centuries, a story will be made up in lieu of its actual history. We cannot preserve its history; humans are like that. May what is essential live on in future times; there will lie the success of this Mission in the world of humans. One day, on Earth, life will become simpler again and return to a more normal balance for living beings, humans, and also the whole of creation. The latter is not spared in these troubled times. Do humans realise what this so-called 'progress' generates in terms of disturbances? That is not our point in these messages, but we are not indifferent to the lives of human beings, far from it - we care about them at all levels. We want the best for all: balance and individual development - they facilitate a process like ours. Our brothers and sisters expect the best spiritually and we see to it that they achieve it. Their tenacity works wonders. Nothing can be achieved without effort; the laws are like that. Only results matter. Seeing a soul awakening to higher consciousness gives us so much joy, one whose subtlety is indescribable. This divine battle is endless; such is the movement of life, which has so many implications that they defy comprehension. All our brothers and sisters are on the right track and that makes us happy. May faith in our system and in us carry them constantly towards what is best.

Thursday, March 26, 2009 - 10:00 a.m. B: 'Privilege of the heart' is a suitable title for these writings. Our contacts are made possible by divine grace, of which you are aware, my child. Your sufferings come as an offering to this grace, from which few human beings benefit in this world. Persevere, for the love of us. Be blessed; you are loved.

Thursday, March 26, 2009 – 4:00 p.m. SE: Our contacts are a true blessing; we can never say it enough. Who else in this world is able to benefit from such preferential treatment? We are the exception that proves the rule: 'To God nothing is impossible'. The future will bring to light the rarity of this event; let us taste this moment and give thanks.

Thursday, January 3, 2013 – 10:00 a.m. Imagining a better world is almost equivalent to building it. Positive thoughts create an environment that enables the preparation of this future which will be more conducive to the blossoming of human beings. A constant cleaning is taking place although it does not seem so; such a situation must escalate to its peak before the reconstruction process is eventually started in the interest of humans. One day, everything will have to be revisited; the current situation can only go to the extreme before coming back to more acceptable standards in favour of a humanity that is evolving. Here below, nothing is respected any more, thus everything is to be rebuilt in a positive manner. It will take upheavals of every kind for humanity to be transformed towards the good. This situation saddens us; we all work here towards the good, but we cannot currently change the divine plans. They are very precise; everything has long been planned. Sowing the good seed, that which will restore a sense of right values to the world, is a strong hope, and we hold to it with our actions. Many of our brothers and sisters realise how much individual behaviour can help in these troubled times to prepare this promising new era. So many good elements are working for the good of all. The current situation moves us; may the pervading negativity give birth one day to a new world full of promise for all. It's up to each one to commit themselves as best they can, strengthened by our never-ending blessings.

Friday, August 30, 2013 – 10:00 am The pace is slow on Earth; it takes time to grasp the true meaning of life. An approach to reality dawns upon the well-informed seeker, one who is committed to a spiritual way in which real work is being done on oneself. Engaging in such a process shows that the seeker has a potential that will allow the true self to be revealed. Life is made up of events, of numerous details, some of which shed light on the true potential of the incarnate being. From life to life, the quest continues, and when the soul is revealed in one of those lives, the real work begins. Various paths are taken, each of them shedding light on the true meaning of life. At some point, the awakening occurs and it completely changes the situation, indicating the best for the evolution of the seeker, who must now act as decisively as possible in order to reach the goal. Each life provides what the soul longs for. When the call is strong, it is heard so very clearly. It is so gratifying to see a being opening up to the divine splendour. Ours is a way that focuses on what is essential; our teaching operates accordingly and guides the seeker to the divine source – the source to which this unparalleled quest naturally leads. May each of our aspirants aim for the highest level possible and commit themselves accordingly. Everything is counted, and thus not one of the aspirations of a loving heart is lost. May all be strengthened and carried to the highest.

Friday, January 4, 2013 – 10:00 a.m. A new year begins for this Mission that is so important to us. Our full attention is granted to it as well as to our dear Parthasarathi, our son who is Chosen and blessed by the gods. It is so gratifying to see the expansion of this way that is adapted to present times and more and more capable of winning over hearts to a future rich in twists and turns and transformations of all kinds. Humans will have to adapt; they will have no choice. But after much turmoil, a new world will emerge from the chaos and will establish down here other rules and laws adapted to the situation at that time. Many humans will then understand the need to advance spiritually in a constructive manner. Notions of life beyond this life and of reincarnation will finally be adopted by the greatest number. It is time that true knowledge is spread across the world; humans cannot stagnate eternally and be confined to false teachings. In reality, life on Earth is short; time should not be wasted as it is very valuable. Everything is counted and interpreted, and it either does or does not contribute to the elevation of the soul. Time is running out; it is infinitely precious. May this awareness infuse all human beings and encourage them to produce the best down here. May the time soon come for this renewal, for peace on Earth and for a global action for the good of all, under our blessings.

Tuesday, January 1, 2013 – 10:00 a.m. Divest yourself of what is useless; look only towards our hearts that are listening to you, as well as to all our brothers and sisters who are engaged in quite a special journey. There is so much to do in this material world, wherein manifests all the evil that affects our abhysis. They are not spared either. Thus are the divine laws; no one can escape this characteristic heaviness that is capable of exacerbating some negative aspects of a being in order to better enable him to correct himself. Our method offers the opportunity to correct oneself – to some extent – provided one does one's soul-searching and becomes active in this way of planned improvement. Loyalty and steadfastness in practice allow one to rise up to another level of consciousness. Nothing is done in vain. When the heart is surrendered to us completely, our action takes on its full might. These messages help many of our brothers and sisters. This way of the heart is a hope for the future, a line of conduct to stick to in view of an evolution that is planned and through which so many present-day minds can change for the better, for the sake of all. The goal is to captivate hearts and strengthen them in their everyday 'struggle'. These messages already contribute to this great movement adapted to future changes. Such has always been the case in this world where, through the ages, teachings have announced changes and prepared humans to adapt to them. Times are changing, but love remains the key objective that can save suffering humanity.

Friday, January 11, 2013 – 10:00 a.m. Life is an eternal beginning. Many cycles have characterised this Earth; major changes will occur again, and they will be decisive for the human race in terms of its evolution and sustainability over time and space. One should often get to the bottom of things so that a beneficial transformation can emanate from all this. This planet has never been populated so much; this so-called progress does not specifically serve the spiritual evolution of human beings. A life focused too much on materiality cannot generate the best in this area. Too many temptations and distractions of all kinds monopolise the human being and, to some extent, divert him from the goal to be reached. It is not easy in such a context to focus on what is essential; only a profound motivation can lead the seeker to a degree of detachment that is conducive to a true spiritual journey. It's up to each one to keep a check on oneself, to take stock of one's true motivations and one's commitment towards the spiritual Master, as well as the whole Mission – in that it includes the human plane, with its unavoidable uncertainties and inevitable difficulties. This underlying motivation ought to help the aspirant overcome anything that is basically irrelevant. What matters is only the goal, the unique goal – that which helps humans to divest themselves of useless things and move towards their primary objective of advancing further and further in this sublime quest of the Divine, the essence of which is unique. A deep commitment attracts our attention. May all advance eagerly under our constant blessings.

Sunday, December 30, 2012 – 10:00 a.m. The time will come when a kingdom of love and peace will be established on this Earth. There will be much to do for that; there will be many ordeals but they will generate the best. Human beings will eventually become aware of the higher reality and its role in the evolution that has been planned. Many values will prevail in this world – values that have so far been neglected due to a lack of information and the open-mindedness necessary to yield this result. How can we sensitise our brothers and sisters to this need to move forward and not put off until tomorrow that which can be developed today? Perceptive minds are busy working; they understand the importance of their commitment and of what is being created in our Mission today with the prospect of a major advancement in the future. Foundations are being laid; it is up to everyone to understand the importance of their action, of their involvement in a practice that should be associated with a commitment to anything that can help the Mission expand and prosper in every organisational aspect. Everything is counted, nothing is trivial, and any goodwill is appreciated. The Mission is a whole and is expanding across the world. Many hearts are committing themselves; they understand the importance of such an approach. Without this salutary outlook, where would humanity's hope lie? Humanity is growing in terms of the number of incarnate beings, but the prospects for peace and love to manifest here on Earth have yet to become a reality. May our Mission one day shine with a thousand lights: those of an eagerly anticipated new era.

Sunday, January 13, 2013 – 10:00 a.m. Come and rejuvenate yourself in the heart of silence, where everything is beautiful and in greatest simplicity. Here below, everything is always complicated; humans are like that. One day, perhaps, the awakening of consciousness will make them focus on what is essential by overcoming that which hinders their spiritual progress. The road is long for everyone; its bumps are numerous, and in the face of them, each person reacts in their own manner. There lies the uniqueness of each incarnation. Death does not exist; our abhyasis, unlike many human beings, know this. Life is an opportunity to grow by overcoming, as best as possible, the tests that are given. They allow one who tries to overcome them to gain inner strength capable of strengthening the subtle being. Everything has a meaning here below; it all may seem insignificant and yet generate the best results. How can human beings understand the true meaning of life? It has many outcomes; only surrender to this higher power can lead to wisdom. The Greatest Beings have demonstrated the aptitude to accept whatever they were faced with. It is not always easy to have the right attitude at the right moment; greatness of soul is required when necessary. Thus continues the journey of the subtle being when it is relieved of the vagaries of materiality. Wise are our abhyasis who are fully committed, as they have understood the true meaning of such an approach and its effectiveness whereby the aspirant can be led to the best results. That is the goal, and everyone can achieve it. This is how it is.

Saturday, January 12, 2013 – 10:00 a.m. This series of messages leaves its mark on people's minds; it is consistent with the current events. The whole of these writings, let us repeat it once again, is a valuable asset. They will be better appreciated in the future when people will focus more on spirituality. It will become more important; for many reasons, humans will be motivated to turn to reliable values that are necessary for a balanced life. In that way, they will advance in knowledge: the knowledge of the realities of life beyond purely materialistic principles. An incarnation is short compared to eternity; the beneficial qualities acquired from one incarnation to another are a necessary guarantee for the elevation of the being. Each of these experiences has its *raison d'être*; it takes time to raise the awareness of humans to a reality that is still beyond most of them. Wise are those who can see beyond appearances; life experiences led them, in their current life, to a way of being and of understanding the opportunity granted by the present incarnation. Realising this fact and trying to understand and go deeper into the divine laws testify to an innate wisdom just waiting to express itself. Our abhyasis have this rare opportunity: to follow a spiritual way that has no major constraint. All they have to do is follow a few basic principles and cultivate faith in their Master, together with a love capable of transcending the heaviness of this world with its limitations of all kinds. May all our abhyasis be truly committed and see only the good in everyone and everything.

Wednesday, January 9, 2013 – 10:00 a.m. We give you the necessary strength to do what otherwise would not have been possible. You see here what love can do; in this framework, that energy is and will remain a major asset. We repeat it again: our abhyasis must be convinced that sincere thoughts supported by love open the doors of our hearts. Nothing can touch us more than that. Working for the Mission with the good of all as an objective, beyond the multiple divergences of human nature, remains a major element in this vast undertaking blessed by the divine powers, as it is beneficial to all humans. That which is being built today will be obvious tomorrow: the spiritual upliftment of all beings, free from the negative burdens of today which pin them to materiality. This outlook is encouraging; may it mobilise all our aspirants towards the general good. Upcoming events will awaken people's consciousness: a solid foundation in spirituality. When this consciousness is adapted to the new era, it will be a major asset. It is high time that humans understood the merits of such an approach. Present-day life is not really conducive to raising awareness in this manner, but everything can change in this domain, as in many others. The humans of the future will be surprised by today's way of life, as the future will show another way to conceive of life. Everything will fall into place in due time. Blessed are the hearts that are willing to follow a way of the heart that is effective beyond appearances, and whose results are redemptive. Moving forward with that in view is encouraging. Despite apparent difficulties, the best things will continue to be achieved for the good of all.

Wednesday, March 6, 2013 – 10:00 a.m. The effects of the heart are innumerable, hence the reason for this symbolism with respect to our Sahaj Marg Mission. The divine ways pass through those of the spiritual heart, which is embodied as an organ of the flesh and one that is essential at the human level. It is so much more than that: it is the distinguishing feature of the subtle being, and it manifests it – evidence has been given on this. Inevitably, each one's personality is reflected in the heart; it is in some way the centre and the magical organ of the human being. The work being done in our way recognises it as being essential, not only to the life of the incarnate being, but also to his personal evolution, which has been planned accordingly. This fact is not commonly understood. Our method has a wealth of effects and results, and it is given at this current level of evolution on Earth for good reasons. Don't all the reasons have a purpose, at least in this very special area where man is overwhelmed by rules and laws that escape him completely. The level of intelligence is not sufficient in this area. Man must have enough sensitivity and spiritual awakening to accept such comments and those effects that manifest, whether or not they are recognised by a majority of human beings. Time does its work. Many are advancing and awakening to reality, one that is hidden from the eyes of numerous humans who are resistant to the truth. In this context, we have to proceed with caution and not shock people. 'Not every bit of truth is fit to be told.' We wish a real and constant progress in our brothers and sisters who are on this journey of self-discovery, the discovery of the inner self. The inner self is so far removed from the incarnate personality and struggles with this world of illusion and multiple sufferings in which evil keeps showing itself. Rising spiritually is a sign of wisdom and of yearning for the Divine, for liberation from all kinds of miasmas and ugliness. May all our abhyasis advance and rid themselves of unnecessary things, of harmful tendencies that slow down this process. We are by their side, whatever may happen – they should not doubt it. 'What must be will be.' It is inevitable.

Thursday, March 7, 2013 – 10:00 a.m. Keeping a childlike heart, while having a strong and determined character, constitutes a valuable resource. Life on Earth demands a lot; it is desirable to face up to things as best one can. Organising this existence around material needs, without neglecting that which is important for the evolution of the soul, requires balance and wisdom. It is not always easy to harmonise all of it. The family and its demands, and work that is no less demanding – all this is such that the abhyasi must manage everything without neglecting his personal path, one through which the soul can continue its journey. Attending to everything is commendable. All relevant efforts are recorded. Isn't it the case for everything here below, down to the slightest detail! Doing one's best in everything, with the best intentions, is an indication of the openness of the heart and its sensitivity to the inner force that guides it, while leading its steps towards the supreme force. Understanding this in the present incarnation indicates a favourable openness already manifested in previous incarnations. Each incarnation prepares the aspirant, and when he has reached the appropriate level, it strengthens him in his quest. Our faithful abhyasis are souls that have long been committed to this heavenly journey. Each of these incarnations has different possibilities, all of which lead to the same goal: that of spiritual realisation. The way is long, but it is so rewarding; different experiences are needed on this level also. The divine ways do not reveal their secrets; the seeker should let himself be guided by the call he perceives deeply within. It is not always easy, given one's country and family background to answer this inner call. Being determined to do so indicates one's strength and a real need to follow this path of the heart. Feeling this need is a grace. May all be strengthened and helped on the path of spiritual elevation, the ultimate goal of every incarnate being. Blessings to each and every one of our brothers and sisters.

Friday, May 10, 2013 – 10:00 a.m. In our Sahaj Marg teaching, it is all about truth. Nothing is embellished – simplicity is required. Only results matter. Through practice and that which ensues, the aspirants find in themselves sacred food, that which lifts the subtle being towards nobler planes of consciousness. There lies the goal and also the reward for ardent hearts. May they all attain bliss and feed on the divine substance; such is our wish, the purpose of our work in this world. To each, the best.

Saturday, September 23, 2000 – 10:00 a.m. Saint Augustine : The measure of love is to love without measure. M: Babuji, what about love?

B: Is there anything more beautiful than love? True love, not that overused word cited indiscriminately for no reason. It's about a subtle, uncommon state that results from an intensive work targeting the cells, the 'neurons' of the heart*

and that is carried out slowly, in secrecy. Grace is the driving force behind this conquest, which is not won on request. The ground must be prepared and suitable for 'the invader'. There is often some resistance, deep roots that must be pulled out to leave room for the beauty and purity of the place. This state is enviable, and reaching it must be the priority of all of you. Call it and await it as the supreme blessing. In this way you will all be among the blessed ones, living in a mad world but adorned with an unparalleled grace, putting you out of reach of evil. It will keep you from going astray and will light your path, preparing you all in the best way for other journeys. * See the book The HeartMath Solution by Doc Childre and Howard Martin.

Monday, September 25, 2000 – 10:00 a.m. M: Babuji, I do not recognize myself, this detachment worries me.

You should not have to; it is normal that such a transformation on the spiritual plane results in changes of behaviour. Reducing one's life to the essential is not at all worrying. Seeing one's fellow beings with a more clear-sighted gaze is not necessarily pleasant, but you had no delusions about that, it seems to me. Compassion must develop in proportion to this awareness. This is how humankind is, and the Earth is an experimental field where all the species try to live, and for some, to survive. Hunger, insecurity and fear being the lot of a large portion of the beings populating this planet. The luckiest don't always realize what they have, and few of those care about the less fortunate. This incessant game is part of karmic law. Each one struggles in their own environment, hoping for better days and, for many, a hereafter suited to their beliefs. Fearing the future is not a good way of approaching it. No one escapes their destiny; what they have come for must be fulfilled to the end. Being in love and surrender is the best way of advancing in peace. Never forget that we will follow you, no matter what happens, and that we will be waiting for you when the time comes.

Thursday, September 28, 2000 – 10:00 a.m. M: Babuji, yesterday you alluded to the work that falls to you in your world. Forgive me for this question, Babuji. B: Why do you want me to address this question, there are few details to give. We distribute the tasks among ourselves, and the work is endless, which is not likely to reassure your fellow human beings. Our action concerns the human race and other worlds that are beyond your comprehension. You can only pray to support us in our action; that's all there is to say on the subject. You have enough to do on this Earth for yourself and for others, therefore remain focused on your own action and everything you can possibly do around you. We know that it is not out of simple curiosity on your part, but an interest you have in our life, in where we are. Everything in its own time; when you leave this Earth, you will have to follow another path that will lead you to your true destination. You will then be able to gauge the range of possibilities with regard to service, and you will be guided, according to your aptitudes, to make the best use of them. This is not for tomorrow. Stay firmly rooted in the world where you are, you have not finished your work. Are you satisfied?

Friday, September 29, 2000 – 10:00 a.m. None of you can imagine the impact Sahaj Marg will have in future centuries. You all are the pioneers of a system that will fully meet the needs of generations to come. Many beings who are lovers of the Absolute will seek a spiritual practice ideal in their eyes and outside of religion. Far from rituals and outdated dogmas, this way will correspond with the deep aspiration of those who are called. Simple and pared down, it will perfectly suit the mentalities that will evolve and free themselves from erroneous principles. The most determined among you all, fervent practitioners of our teachings, are preparing the ground for this future apotheosis. Your assiduity is building a strong edifice. The benefits of this path can be felt in many countries of the world where it will establish itself firmly. Like a river quenching the thirst of seeking souls, it will keep running and growing bigger, amplified by an ever-increasing call.

Saturday, September 30, 2000 – 10:00 a.m. Know how to gather the roses of life; they have more than just thorns. It is given to all of you to live privileged moments, sometimes in unexpected circumstances. There are good sides in all humans; apply yourselves to bringing them out in others, thus fostering their manifestation. Many of your fellow human beings do not manage to show their true nature. They shut themselves away in an attitude or a muteness that cuts them off. By helping them to give their best, their personalities could blossom. Don't forget that there is something good in each being, and refrain from judging. Rather make excuses for your brother or sister, who struggles to overcome the negative aspects of their person. It is not always easy to lend a helping hand, but in some cases, let your heart speak rather than your reason. You are all heading in the same direction, with a greater or lesser heavy handicap; so don't add to the burden of the less fortunate. Consider yourselves privileged if you have followed a path leading you, in this life, to a form of wisdom that raises you beyond the ordinary. You are not advancing alone; think about all these aspects of life.

Monday, October 2, 2000 – 10:00 a.m. While writing, you do not miss anything of your meditation; the transmission continues, rest assured on this point. The comments made on these messages will be an additional asset; we inspire 'the author' for that. They will conclude this epilogue and the whole of the messages. One should consider translating this text so that my son can take note of it when the time comes. For him, it would be an introduction to all this work. Think about it, all of you, and fine-tune the whole – both the comments on the necessity of not cutting anything out, and the interpretation of the collection titles. They also have their *raison d'être*; the choice is justified, yet one still had to understand it. As we move forward you can note, as far as you all are concerned, that assiduous reading widens your comprehension. What seemed to you trivial, superfluous, in the beginning, can be understood differently today. This is what we wished to achieve: to bring you to interiorize yourselves sufficiently so that the truth emanating from the whole appears to you in its simplicity and reaches your hearts. Such was our goal.

Tuesday, October 3, 2000 – 10:00 a.m. This boy is not a medium, but he is impressionable in the sense that we can pass him information that you can confirm. We appreciate their way of doing that work with so much heart and an acute sense of analysis. They are perfect in their role and will be able to speak about these messages with great conviction, having understood them in all their subtlety. We have explored a certain number of aspects of human behaviour and tried to draw your attention to the flaws you all must correct to further your progress. We suggest a way of thinking and simply being. It should put you more at ease with others and with yourselves. We don't impose anything and don't want to make you feel guilty on any account; that is not in our methods. We just want to help you see yourselves in your own reality and make the decisions you deem useful for your inner transformation. You are the only judges of your behaviours; your fate lies in your hands. We only want to make you aware of what these behaviours should be, so that you can get where you wish.

Thursday, December 7, 2000 – 8:00 a.m. Don't let yourselves be trapped by your material worries, even if they are quite real. Put them back into the context of the realities of this world; they will lose all importance. Which place will you all give them in one year, ten years? Will they hinder your evolution? Try to give them the appropriate attention without getting caught up in the illusions to which humankind gravitates. These worries are only stones that clutter your path. Move forward with your head held high, your heart confident while thinking that all things improve with time. They won't appear so daunting to you anymore, and you'll face them serenely. Life on Earth is like that: it's a series of worries, failures and tragedies, but also of joys, successes and especially graces that help you come through trying periods. All of you don't lack support, whether it comes from your brothers and sisters here below or from other worlds where those who love you are not indifferent to your difficulties. They will follow each of you till your dying breath, don't forget that. No matter what happens to you, never lose courage or confidence in your lucky star.

Monday, March 25, 2013 – 10:00 a.m. Isn't the way of the heart the most beautiful, the most rewarding in its effects! What is more justified than such an approach! It is not worthless; it results in significant progress for the being who is fully committed to this epic – one that is worthy of the great conquerors! In this area, the goal is noble and the success exemplary; this should not be forgotten. It is not a pastime, or a mere activity among the many that are offered by material life, but a commitment guaranteeing the seeker a true success that will not lose its meaning beyond this incarnation. May all our aspirants become truly motivated and realise the importance of their journey within this spiritual way that has no apparent grandeur, but is active according to our meaning of the word. Life is short compared to eternity; all the more reason not to waste time. Each incarnation is an opportunity for all to take control of their fate, so to speak, as lost time cannot be regained. Everything is illusory here below except for this unique approach that elevates the soul towards its highest destiny. We recommend a method and individual efforts within the context of a far-reaching action, in which each one's determination contributes to results that are more than favourable. The aspirant cannot grasp all its effects, but they are there, they are visible, and they provide a promising spiritual life. Over time, that which must be accomplished is accomplished. The potential of each of our aspirants thus finds the appropriate means to express itself and develop over time. Everything is possible; when a fervent heart attracts grace, time no longer matters. Grace manifests in its own manner, and it generates the best, which is humanly indescribable; it leads to the delight of the soul. May the best be achieved in everyone; such is the goal of this process under our constant blessings.

Friday, March 8, 2013 – 10:00 a.m. May peace and harmony reign in the whole Mission. Beyond borders and all human limitations related to language, lifestyle and other characteristics, only the language of the heart must be established and unite all our aspirants. That would be a big step forward which would develop our Mission in a remarkable manner. All are equal, no one is perfect – only the longing of the soul to find its way, to rise above the miasmas of this world, motivates them. Such momentum in so many countries testifies to a need, a necessity to transcend matter and look for that which justifies the cycle of incarnations on this Earth. There are many reasons; the most obvious one is the desire to grow, to become more refined in accordance with the higher planes, in order to attain levels that are more subtle and difficult to reach. The road is long, and effective help is precious. A well-informed person manages to grasp the necessity of progress and subtlety on his journey in order to reach the goal. It is not easy to achieve; there are vibrational levels to be cleared in order to lighten oneself and become further refined. There lies the main purpose of life: to humanly come to terms with oneself as best as possible under conditions that are conducive to transcendence. It is not easy to manage it all; we too experienced difficult situations. They are necessary and unavoidable. An incarnation is an opportunity for man to grow, to assert himself in what motivates him on all levels. Our way is conducive to this work; it offers opportunities which, if well accepted and put into practice, can lead the seeker to his best condition. What drives him and becomes crucial to him is this innermost aspiration to the Divine, complete union with the living spiritual Master who is the custodian of the means that are suitable for the elevation of the soul under the best possible circumstances. Peace in the hearts and success to all: such are our wishes, under our blessings. May all our aspirants do their level best. We cannot solve everything for them; the spiritual aspect remains our top priority. May our love always carry them. Whatever happens, they will never be forgotten. Blessings to all.

Wednesday, May 15, 2013 – 10:00 a.m. No, you are not at the end of your surprises. These messages are winning over hearts, almost without their knowledge, one might say. They carry a special energy that will be felt more and more. My dear daughter, you bathe permanently in this vibration and your heart is captivated. Thus is fulfilled what must be: God's plans are always achieved, nothing can change them and humans must comply with them. This is not always easy to understand and especially to admit. Surrender is the only way to advance and to comprehend all these subtleties. Having trust and advancing with a loving heart is the ideal safeguard. May all understand and advance accordingly, and may these messages help our brothers and sisters on their long journey towards the Eternal, towards the ultimate goal – such is the objective to be reached by all.

Wednesday, March 20, 2013 – 10:00 a.m. Let your heart exude its fragrances; they are the ones that we have infused into you in this very special relationship. Many hearts also benefit from them when these messages are received with love and gratitude towards the Masters who are the initiators of this mystical epic. A time will come when light will dawn upon everyone, and our brothers and sisters will then further benefit from our teachings in their various forms. Evolution on Earth is very slow. Many tendencies must be overcome, and this does not happen easily. The practice helps greatly in this regard. Nothing is simple; humanity is struggling in the pervading heaviness. The true devotee finds within himself the sacred refuge, where the best is accomplished once he truly becomes aware of his inner potential. An approach like the one we offer helps in this discovery. When the subtle being finally feels within himself the effects of grace, it is the most beautiful jewel in one's life. Why not say and repeat what motivates the seeker – he senses his inner potential, and he acts in order to fully explore it. In this context, love is the magic key; it opens the sacred door to where this treasure is hidden. The Master has the power to activate the process that liberates beings from human heaviness. It all moves slowly in general, but exceptions also occur in which all barriers are crossed at once. This is such a blessing that those who receive it are overcome with gratitude and joy. Such joy is unique in its effects; happy are those who feel it, as their efforts bear so much fruit. Blessed are those who advance in the resulting trust, love and serenity. This path is promising and safe; we see to it. May all be enlightened and strengthened in this quest for the Divine; they have our blessings.

Friday, March 22, 2013 – 10:00 a.m. Behind each being, life uncoils a long thread, the strength of which depends on one's karma. This thread can be resilient, in keeping with the deepest beliefs of the aspirant, when he is determined to organise his life according to those beliefs. Thus, when he gives the essential thing its rightful place, his life takes on its true meaning. While doing what it takes at the human level for himself and his circle, he also grants a special place to that which elevates his soul, and feeds it over time, enchanting it – there lies the secret of each being. Within oneself, in this reserved and unique space, something wonderful is achieved: the expansion of the soul and its progress towards the ultimate goal, one that will not disappoint. The staunch aspirant proceeds on this journey, determined and confident about this achievement. The journey followed by our faithful abhyasis testifies to their eagerness to move forward, whatever the circumstances. They are helped and supported. In its quest for the Divine, a fervent heart finds its way, one in which every passing day leads it to the best that is possible. What remains of an incarnation in this world? Not much, in truth. For the most famous people, there is a story, a monument. Sometimes, time erases even the least memory. A soul that is illuminated by love and beauty keeps all its achievements and pursues its heavenly journey in the beyond. There is no time to waste on Earth; moreover, time is measured, and no one escapes it – this law cannot be circumvented. Blessed are the pure in heart who have the best of intentions, as well as a strong faith in their Master and the powers that support him here below. An incarnation is short compared to eternity; may each of our aspirants truly become aware of the opportunity given to them to excel and to advance towards the ultimate goal. We help them all in our own manner, in both shadow and light – and that is worth mentioning here. Blessings from us all upon this Mission that is close to our hearts.

Thursday, December 15, 2005 – 10:00 a.m. The Angel : You chose to prefer shadow to light. You know that everything is fleeting on this Earth; not everything deserves exposure for the sole purpose of satisfying the ego. You are wise, faithful heart. Love is all you need, and you cultivate it in secrecy, where wonder is developed out of the reach of human eyes and their confusing reactions that are so often changeable. Your universe is built outside of this world, in a space where you feel exactly at home, where you can show who you are, without fearing the deceitfulness reigning on Earth. Here, truth prevails in every act of life, and your future place is being prepared in accordance with your destiny, in view of another step along the path of a soul towards its ultimate goal. When you open that door, we will be there. We will be expecting you and will guide you to your new home where your quest will continue, nourishing the being in all its states, foreshadowing the final outcome. You are not yet there. Be at peace, dear soul. We are with you.

Saturday, March 9, 2013 – 10:00 a.m. Advancing against all odds, with faith and a love that is supported by hope for more peaceful times – ones more suited to the expansion of the soul – this is a noble goal. The seeker who is eager to grow does not practise in vain; each one achieves according to their commitment. What else remains after life, apart from this approach that leads the being to the best of himself? An incarnation is short compared to eternity. Man often loses valuable time; he cannot assess, at its true value, the opportunity he is offered to advance and to become refined at the spiritual level. Blessed are those whose minds are open and who take advantage of what we teach them in order to go further in this commitment of the heart, far from nice philosophical theories that provide no concrete results in this domain. In our system of practice, the intellect is not involved; detachment and emptiness lead to a state of inner receptivity that is appreciable, and is also favourable for the transmission work that is being done. Those blessed moments are conducive to the elevation of the being, who thus attains serenity without having to spend long hours withdrawn from the world and its noise. It is not always easy in a busy day to spare some time for meditation, during which you can extract yourself from your environment. By finding peace within oneself during these times of meditation, one earns the right to live happily, with the eagerness to make further and further progress. Faith and commitment towards the Master are essential, and they drive success in this area. It is up to everyone to be as committed as they can. All are helped and strengthened in their quest for the Divine.

Tuesday, April 19, 2016 – 10:00 a.m. Life is not a bed of roses. If it were, where would the challenge lie? Life would lose its significance, which is to help the human being grow and gain a little wisdom from one lifetime to the next. The process of evolution is very slow. It takes time and multiple trials to achieve a satisfactory level of consciousness. This long human epic aims to achieve the best that can be. Following a spiritual way is a real benefit on a journey that is difficult in many respects. Trials are necessary and formative; without them there would be nothing to drive things forward. The various kingdoms of creation undergo the same fate, allowing a comprehensive and decisive evolution for all. Will the time of fulfilment come? Such is the goal of our action: heartfulness, the fulfilment of the whole being, subjected on one hand to the vicissitudes of life and on the other hand sufficiently protected to allow one to fully experience, in complete awareness, a spiritual journey that is decisive for the rest of one's process. The egregore of our Mission is growing in power. It is heartening to witness this and to see all our brothers and sisters carried by this redeeming wave. When they come to join us, their transit is facilitated. The efforts they have made on Earth in order to grow save valuable time. They are welcomed, helped and guided as needed. We do not promise the wonders that exist only in dreams. Reality is enough, and as such, all is well.

Sunday, April 10, 2016 – 10:00 am All these words sing in your heart like music – a heavenly music, since it comes from our united hearts. These words also pour out on paper where they comprise a valuable asset for our Mission. A special vibration emerges from them, abundantly nourishing our faithful readers. Our writings do not all have the same scope; they act at different levels. All these nuances are beyond the understanding of our readers. Our teaching forms a whole supported by this practice as followed, for the most part, by our abhyasis. Each abhyasi advances at his or her own pace according to the call of the heart; nothing can be forced in this domain. Life is a long path that provides opportunities for action – sometimes effective and sometimes not. After a number of experiences, a loving heart always finds its way. Then it is easier to make the right choice. Sahaj Marg reveals its benefits over time. Being both moderate and efficient, its action is much greater than our abhyasis generally believe. The united Masters look after the destiny of the Mission with much love and understanding; they themselves have known the many difficulties of life on this Earth. Nothing is ever simple – that which should be simple often turns into difficult experiences. Fortunately, everything is useful; the positive side of things is never lost at all. May all our abhyasis be committed to the best in this incarnation; it prepares in its own manner what is to follow in the human saga. Blessings.

Friday, April 8, 2016 – 10:00 am These messages are more important than they may seem. They emanate from our hearts, united in an extraordinary action. This action originates in India, the country chosen by the Grand Masters for good reason; time will confirm these remarks. This action casts upon the world an energy that has a very special vibration capable of generating the best in the very many hearts that are calling for it. This aspiration for the Divine will keep growing in the future. The time will come when this necessity will prevail naturally, in compliance with an overall evolution of human beings in response to the new era. Everything is very slow here below, but it can all change quickly too, in order to adapt to the vibratory movement of the elements of this created world that is ever fluctuating. The divine power imposes its law, which is beyond human comprehension; so many phenomena remain unknown, totally escaping human imagination. In the field of spirituality, other rules apply: purity of the heart, surrender and steadfastness in the practice. In this realm a sacred space is created in each person, where the best can be accomplished. The need for such action expresses itself in the life path of each person. Karma, as it is called, establishes the rules of life for all. Nothing is in vain. Everything is counted and cannot remain hidden from this power that is so decisive for the future of humanity. Rest assured, everything will change. You are all engaged in this path of the heart – you could not do better. It's up to each one to act, supported by our care.

Tuesday, May 24, 2016 – 10:00 a.m. The past is the past. It is rich with events and incarnations that have influenced the present. It prepared you to carry out your task in the best way that one could, with your heart and being fully surrendered. We will not insist any further in order to avoid embarrassing you; you will have to carry on for some time before moving on to something else. This journey made up of messages is unique in terms of numbers. Let us repeat – the messages are very valuable to our Mission, and time will confirm these remarks. Our dear K, whose action is far-reaching, will increasingly meet the growing needs of this Mission. Some transformations will be required to better address such needs and to manage everything, ensuring that the approach is simplified on the material plane, thus scaling up action at the spiritual level, as provided by the divine plans. For such a matter, nothing happens without reason; everything has long been planned and takes shape at the right time. Has it not been said that spirituality will save the world! This maxim can give one something to dream about in the current era, but why not align oneself with it as well as possible by working with faith and confidence. To the divine power, nothing is impossible. In Sahaj Marg, the field of action is open; it is large and provides everyone with an easy means to progress and to open up broad prospects ahead of oneself, extending to the Infinite. The Infinite is something to dream of – why would it not be achievable? With respect to one and all, faith and eagerness will do the rest. Blessings to all.

Thursday, May 26, 2016 – 10:00 a.m. The time of childhood and innocence passes quickly. The human being is then confronted with the reality of life and the trials that abound. It is said that they are formative and necessary, and in the end, their outcomes prove that they have played a leading role. Acceptance, and the love that it can bring about within oneself, embellishes each trial. To cultivate this love in a state of surrender and fervour is a divine gift; it elevates the soul to its highest destiny. A true spiritual process has this noble goal: from one incarnation to the next, a link is created by which fervour is maintained. Nothing noble and beautiful is lost. This capital oscillates, becoming increasingly important for leading the soul to its complete fulfilment. Following a spiritual way opens up perspectives and adds value to that capital so often ignored by human beings, who are caught in the pervading negativity and the hustle and bustle of life. They neglect this innate treasure until the day when the divine splendour is revealed to them in its many manifestations. When human beings truly become aware of this potential, prospects unfold before them; they review their understanding of life and become truly committed, for their greatest good. We are happy to witness the commitment of our abhyasis, their progress and their journey as they make their way on this extraordinary path. Why not say it: Sahaj Marg is not ordinary and neither are its results. To all, the best, along with our blessings.

Tuesday, April 12, 2016 – 10:00 a.m. We are pleased to see Sahaj Marg expanding around the world, growing in the many hearts that are in need of a true spiritual process. This process can meet the needs of the greatest number of people, and we are delighted by that. The call of the Divine is there, within each one. Whether it is there to a greater or lesser degree, its vibration works to transform, little by little, that which needs to be changed in order to better capture the presence of the powerful and active energy on this extraordinary journey. The living Master is the custodian of our divinised energies. He can relay a creative and unparalleled vibration that meets the needs of the current era. The strength of Sahaj Marg is present in this very aspect – namely, an action that is surely extraordinary and effective. Anything that cannot be precisely defined takes longer to accept. Time strengthens the work taking place in the lives of our brothers and sisters for their greater good. Very subtly, the aura of Sahaj Marg strengthens them and allows them to truly progress towards levels of consciousness that are generally inaccessible. Perseverance in action strengthens the foundations of this sacred edifice which time consolidates, allowing for beneficial growth. This very subtle vibration operates on the important points throughout this journey that is so special and far from the material realm whose manifestation is exacerbated in daily life. Creating a space of purity and peace for oneself helps one cope with the situation and not neglect the spiritual aspect that is so crucial on the Earthly journey in which each one's personality is shaped. The best to all.

Wednesday, April 13, 2016 – 10:00 a.m. Surrender, whose virtues are extolled in our Mission, is an important starting point for the progress and personal journey of an abhyasi. It takes time to act, to harmonise the subtle bodies and ensure that the best is brought about for each of our abhyasis. We keep a careful eye on their journey; time produces conclusive results in this quest for the Divine. The union of hearts results in harmony and a vital life force – that which operates, transforms and creates an unparalleled egregore. It cannot be described, but only experienced; to benefit from it is a divine gift, a grace. These words, though infrequently used in these messages, are nonetheless suited to the situation. Time does its work; yesterday's Mission has created the one of today, and tomorrow's Mission will come forth even more in this troubled world – a world in search of a degree of peace and love within a context that is in many ways bewildering. Due to a disturbing vibratory environment, a severe pollution at all levels, this world does not naturally promote the development of a human being's refined nature – that nature which aspires for the Divine from its innermost depths. The heart, the seat of the soul, focuses on what it has personally gained, that which only wants to open out and grow spiritually. Some people withdraw from the world, while others come to terms with their everyday lives and include a course of action that can generate the best results. A sincere and motivated abhyasi succeeds, sometimes even beyond his or her expectations. Thus, all is well. Blessings to all.

Sunday, April 17, 2016 – 10:00 a.m. The daily hustle and bustle sometimes diverts the abhyasi from his or her objective. It is not always easy to conform to a strict line of conduct in this life, a life that is troubled in many respects. The commitment of the heart is paramount in this journey, which is essential for the elevation of the soul. The soul awaits such a commitment and complies with what is offered to it. Each person receives according to his or her call; this reality is well known and effective in its action. It is so good to be carried away by the raptures of the soul, through the deepest and unfailing joy generated in such unique moments of profound delight. Such a longing always leads to the desired results. This commitment is crucial for the abhyasi; thus does one progress towards the goal according to one's wishes. Owing to its effectiveness, this simple method, strengthened by the personal commitment of each individual, has produced the Mission as it is today. We are following the effects it generates, and we support its action. Its efficacy can only grow in people's hearts. As major seminars draw near, it is good to take stock; everyone does what they can, and we find no fault in that. Our beloved son K is highly committed to this extraordinary challenge. He is our greatest asset in this endeavour, and he will lead this Mission very far; we will always give him the necessary means. May he be especially blessed, along with the entire Sahaj Marg Mission.

Monday, April 18, 2016 – 10:00 a.m. The meandering pathways of the heart guard well their secrets, which are not revealed to the eyes of humans as they are too abstract. The heart is the key to life, but not only that. It also holds secrets which, from one incarnation to another, weave the fabric of one's destiny – a destiny that has long been programmed. It is a story whose thread connects every incarnation, giving each one a special colour and the required continuity for the development of the whole being. The practice of Sahaj Marg is very special in its genre; it saves valuable time and refines the subtle points, ensuring their cohesion in order to maintain a better balance amid daily turbulence. Karma is inescapable. It plays an important role in the lives of all incarnate beings, whether or not they are aware of this subtle energy – an energy that maintains, at all costs, what must exist and what should take place for one and all, day by day. This long road is revealed over time and holds many surprises. Everything has been foreseen in the least detail and, above all, has long been programmed. The manner in which one manages life is important; everything is counted and recorded in order to perfect what follows in this long saga – one whose intricacies are full of surprises for humans as they face each day. Embellishing the days with an active spiritual practice is a sign of wisdom. We appreciate this, and support it even further. May all our brothers and sisters be blessed and strengthened in the face of life.

Sunday, April 24, 2016 – 10:00 a.m. All the grossness of the world cannot disturb a loving heart that is so surrendered to ours in such moments of unique communion. These writings will go down in history. They deserve special attention, and our dear successors are seeing to it. The Mission is being built little by little, and one day it will reach its apogee, helping an increasing number of brothers and sisters who hunger for the Divine. The reality of this concept will become clearer and clearer – that of a redeeming energy capable of helping the multitude of people who need a true method. Such a method can lift them up to that same energy when they are receptive to its ceaseless action. Opening up to the splendour of the Spirit is the most precious asset there is – one that cannot be lost under any circumstance. It is a sure asset which we are taking great care of for the sake of all our faithful abhyasis. What has been gained is immutable for them and will remain so; this is not insignificant. It is passed on from one lifetime to the next to meet the needs of each life. Simply, without any great fanfare or rituals, real work takes place and serves the aspirant by helping him or her to progress satisfactorily, thus fulfilling the subtle being with utmost discretion. Deep in the silence of the heart, the true personality of the complex human being blossoms; its effects enable the best to happen and leads the aspirant to those shores whose beauty cannot be imagined. May all realise the importance of their course of action; they will not regret it. Special blessings.

Saturday, April 16, 2016 – 10:00 a.m. Life is as one, and yet very diverse in terms of its day-to-day manifestations. It remains true to itself while evolving on the path that is desirable for the evolution of the subtle being. It takes time and numerous incarnations to achieve the goal, the end point that will bring this Earthly life cycle to closure, so to speak. What will the next cycles be? Where and when will they happen? Everything is planned, and yet remains such a secret to humans. The important thing for them is to advance through the meanderings of the sovereign Spirit, the understanding of phenomena and their manifestations in many domains, even though their reality is not at all understood. Everything here below is nothing but illusion; this has been proven. Some facts would amply demonstrate this if they could be brought to light. The current era will lead to discoveries that are unimaginable to many people today. The future will allow for real progress, and our Sahaj Marg way will not be left behind in the perception of reality with regard to the world of matter – a world that is a perpetual illusion for incarnate beings. Certain stages must be gone through; the evolutionary process is very slow here below, but everything will have to change in the future. Our abhyasis are not ignorant. They know everything fluctuates, evolves and transforms over time. Significant changes will occur, and in our own manner we will see that our brothers and sisters are prepared. All is well. The Mission is growing in strength and its work in people's hearts is very significant. May they all be blessed.

Wednesday, November 15, 2000 – 8:00 a.m. Yes, there is a hierarchy – beings of light, as you all call them, who help humanity and govern the subtle universe. Within the framework pertaining to them, they play a predominant role. Every spiritual way is represented and structured so that on all planes, it is monitored at different levels. We all work together, for the good of the created worlds. The Earth represents a concern, but it is not the only planet that poses problems for us in its evolutionary cycle. Don't worry about this hierarchy. It is good you all know it exists, but it is not really as some people present it to you. Know that, there also, each one does what they are responsible for; that all this organization operates like perfectly tuned cogs; that love, this subtle energy, enlivens it to the highest degree; that discord, which characterizes Earthlings – even when they are on the same side – does not exist in this system. Don't trouble yourselves about this organization; it is its concern to care about you as persons and as a group in which you all evolve. It works to create universal peace. That is all you need to know.

Thursday, November 16, 2000 – 8:00 a.m. You see that, from the smallest to the largest, difficulties are bound to arise along the way. Whatever your social standing and level of spiritual evolution, whether you have a mission to fulfil or not, ordeals are the lot of human beings. Sooner or later, everyone is subject to this rule. So will it be until the end of time on this planet Earth. We have sufficiently expressed ourselves on the subject since the beginning of our contacts. It is an initiatory journey that each of you must undertake, with strong points that are particularly difficult to experience. These are crucial moments that refine your personality, in every sense of the word. Most often, you come out from them greater, and you set off again for other battles. We mark out your journey so that strength is given to you in a timely manner, to face every eventuality. The sun continues to shine, despite all that may happen in your life. This sun that lights your way from within, the one that illuminates your soul and glorifies it – never lose sight of it. Think that in the darkest moments of your existence, we are there, close to you all, even though you don't see us. I will answer my son later.

Friday, November 17, 2000 – 8:00 a.m. All that you've been able to acquire in terms of material goods is a mere nothing. The more you advance, the more you realize that the objects you care about no longer have for you the same value they once did – you are going towards detachment. You must go much further and consider what surrounds you as being of temporary utility. Memories must stay in your head and not be focused on things you remain attached to. Keep your attention more and more on all that stems from spiritual life, it too is rich in past and present memories. Reconsider your life as a whole and make a point of revisiting this long journey that is now behind you. All the stages that have contributed to your present level are not lacking in diversity and important features. Attachment in all its forms is a handicap. It raises waves of nostalgia by making you relive the past. Since your objective is perfectly defined, project yourself toward the future. Imagine what good things you can still achieve for your advancement and all the resulting joys.

Friday, November 17, 2000 – 10:00 a.m. Until the end, aspirants have to struggle with some aspects of their personality. As they advance, they realize for themselves what must be eliminated because it is disturbing. Having reached this decisive point, it is necessary to be lucid and to know what one really wants. There is a step to get through; it is a delicate point. How far does one want to go so that superfluous things do not weigh the process down? Decisions must be made that require a certain degree of surrender. It sometimes takes courage to give up everything that constitutes the environment to which one is attached. Every stage, in this respect, requires a reassessment. One needs to prepare for it, weigh up the pros and cons and make a choice that leaves no regrets. Detachment is a way of being. Aspirants are not asked to live in a state of destitution, but to be capable, if need be, of turning a page on their past.

Sunday, November 19, 2000 – 8:00 a.m. You say that serving us is the biggest joy in your life, you see now that it isn't useless as you thought for a very long time. Until the end, life is full of surprises. Every human being, whatever their capabilities, serves the divine plan. There is no need to be a hero; bravery can be exercised at any time, modestly, and without causing a stir. The fact of living and struggling for all sorts of reasons is praiseworthy. Modest lives that in the eyes of others are without sparkle can be rich in the way they are accomplished. It is the alchemy that takes place at the level of the heart that can make the difference. What wonders can be produced deep inside it, this most precious of places! The most insignificant person can possess hidden treasures that no other human can detect. Wealth isn't where one generally expects it to be, but you our aspirants have understood that, since your commitment shows you know where true values lie. Appearances are misleading. Wanting to go beyond the illusion that subjugates this world is the most sensible initiative that can be taken by a human being.

Monday, November 20, 2000 – 8:00 a.m.

The effect produced by these writings is proportional to the interest shown in reading them. Everyone gives of themselves what is possible. We cannot override what is requested and force the opening of the heart. This collection of messages cannot leave anyone indifferent. Whatever reactions they provoke, they leave their mark on the reader. We repeat ourselves deliberately. It is the best way to capture attention and ensure that our words are truly heard. Human beings are made like that. Sometimes you have to hit hard so that a truth can reach the deepest part within. All large esoteric movements have understood this. Understanding develops in successive phases before surfacing in the objective consciousness. People then embrace this truth that seems obvious to them. We hope that these messages lead the readers to a better understanding, permitting them to advance serenely, stripped of that which is useless. Our only aim is to make their work easier. They hold the keys to the secret place where self-knowledge is built, and which enables them to work towards full success.

Monday, December 4, 2000 – 10:00 a.m. Never stop singing divine love, and living it within you. It is the sesame that opens doors. Acting this way compensates for many failings. Love embellishes all, it can transform the most arid hearts. It surrounds them, englobes them, and finally submerges them. Nothing can resist its vibratory power. 'True lovers' are recognizable: they have a particular sparkle in their eyes, suns reflect in them and illuminate their gaze. Call love ceaselessly. It can adorn the most ordinary being with magnificence. Such wealth is not given to everyone – it is innate or received by grace. This divine heritage is by far the most important. Love modifies the vibration of the human body by making each one of its cells vibrate differently. To love is to have in the heart a treasure, a unique force that transforms and lights up what surrounds it. Excel in this vision of love and in its application. It will propel you to unsuspected heights, elated by your own success.

Tuesday, December 5, 2000 – 8:00 a.m. We know that love nourishes you and that it helps you live. We can see your heart and know how you function. You can give thanks to God, it is great fortune to have reached there. Love is the panacea. When will humans understand this, instead of hating and exterminating one another? The golden age is not for tomorrow, but each day is a small step towards its realization. Souls are rising towards the light, and people of goodwill are appearing more and more in the world to help their brethren in difficulty. The Earth is an immense field of suffering caused by a multiplicity of ills. Constant laments are reaching us. Prayers are raised to the Almighty that, in His infinite goodness, He may one day grant the beings populating this Earth a life that is less harsh and that a spiritual ideal will reign, bringing peace to the hearts of people of goodwill who work for their salvation and that of all humanity. May this mad world one day wake up to beauty, harmony and love.

Friday, November 3, 2000 - 8:00 AM Sahaj Marg won't save the world, but it will make its own contribution that will be a significant one. It is currently a limited movement. Others began in such small proportions and they have dominated the world, to each time according to what is convenient to it. Human beings change, minds open up to knowledge. Taboos maintained by religions are being ended. The beginning of this century is a transitional period; a new era begins, fraught with contradictions and violence. No substantial change occurs without the latter. It seems that these are the rules established here below. As far as you are concerned, it is up to you to be a living example of what well-led spiritual conduct can provide. Sahaj Marg transforms human beings very profoundly and nearly without their knowing. Do they really realize this? It seems not. They would need to come backwards suddenly and compare. They can't do it; what they are currently living has become a second nature, and in this context, that is not very easy to do. But that is the fact of the matter, positive and definite.

Tuesday, November 7, 2000 - 8:00 AM It is true that a lot of abhyasis could go to India but do not do it, for the sake of convenience. They do not have enough motivation to make this effort. They want to advance, but quietly, without investing themselves in depth. For them, the notion of effort and sacrifice is not taken into consideration. They put a good many other priorities before their spiritual progress. We cannot urge them to do what they don't really want to do; it is sad but that's the way it is. The time for each of you is short; every day that passes can represent an opportunity lost to take a step in the right direction. As regards some people, a flash will probably light in them, which will make them take the right decisions. Some actions are within the reach of a good many people, but they don't take the trouble to act. As the years go by, one comes across the same people again, devoted and convinced, who do their level best for what they consider to be the most important thing in life. We encourage those brothers and sisters to pursue in this direction, which will lead them to the expected results.

Friday, December 22, 2000 - 10:00 AM It is getting light in your heart; a new life is starting. Forget the past, put down your luggage. Look ahead, the road is cleared. Feel how a perfume of eternity is coming up. Will you seize the opportunity that is given to you to make a big leap forward through time and space? All these remarks may seem strange to you, they resound in you like new sounds. Love him; love us, as you do so well. Let the echoes of that melody rock your soul. Let your song go with it and it comes back to us. Let your spirit rise above this world. Isolate yourself in this white paradise where many accents praise the Creator. See that it is easy to connect to this song. We want to lead you to take the steps that would make you see life with different eyes and strengthen you in the face of adversity. All is only illusion. All is relative. Forge ahead, forget your disappointments, they are only wind-raised waves, an incessant breath of wind, which leaves no trace. We have said it enough: only Love counts, it is worth its place.

Wednesday, March 7, 2001 - 10:00 AM We will not overburden you today; you need to take stock. We know what these contacts represent for you; you are devoting all your soul to them. To serve us is your reason for living and we appreciate your unfailing availability. Often, human beings change and even disavow what they adored. Your perseverance is exemplary; the choice of our messenger was judicious. Some mediums left writings widely read and appreciated by many readers, until today. These messages are universal and they help many souls in distress that are caught in the torments of life. Ours go well beyond the mission of our spiritual way, they will also help a large audience when times come. They are not moralistic, in the religious sense of the word. They represent a help that can touch each human being faced with life and the ordeals thereof. We try to shed a judicious light on certain behaviours that are degrading for man who will have, at some point of his existence to take an inward look at and take stock of himself. Nobody can escape this introspection.

Saturday, January 13, 2001 - 10:00 AM Making reference to the Thoughts and Reflections of Jesus is more important than you think. There are many Christians in Sahaj Marg, who although having sought another way, remain marked very deeply by this religion. Master Jesus said, 'As I have done to you, ye should do also.' [2] By extension, can't these words apply to the present situation? We must find decisive arguments to make sure that the publication of these messages is accepted. They will raise unfavourable reactions; there will be pros and cons, which is inevitable. We care about their future life. You, the privileged people who access them—if you adequately nourish yourselves with them, you are well placed to testify to their importance. It will rest with you to do it with faith, without taking account of hostile reactions. Publishing those two books raised controversies in the Episcopal world, but reason prevailed. In due time, my son will tell, as ultimately was the opinion of the Pope for the collections in question. As everything relating to human beings is far from being simple, we try to pave the way for this project, which is close to our hearts.

Tuesday, March 20, 2001 - 10:00 AM Our literature should be enough for abhyasis. There is no need to add books whose aims are of psychoanalytical nature. Books treating such topics are sold outside the Mission. In Europe, Sahaj Marg tends to deviate and intellectualize itself. To change in his behaviours, the candidate can simply keep a check on himself, every day. Our method doesn't fundamentally aim to modify the character, even though by way of consequence, the fruit of his practice transforms the inner being as well as that aspect of his personality. It is useless to add scholarly formulas to all that has been said. Having confidence in the Master, doing one's own spiritual work and behaving like an honest person, in the various stages of life, are key points to any well-led spiritual quest. Do not complicate what is simple. Our way is simple and more efficient than you can think. Do not add anything else to it; it speaks for itself. Sooner or later, you will assess your achievement and this assessment will provide your heart with joy. Over the years, you will see your behaviours changing. You will not react in the same way; you will be amazed as your own reactions will be more positive and imbued with acquired wisdom, as a matter of course. Let specialists in those issues deal with introspection. They do this work in their practices. Our objectives lie elsewhere, for the good of all of you and beyond the understanding of each one of you.

Tuesday, March 13, 2001 - 10:00 AM Your spiritual work cannot resolve everything. You must be vigilant and make efforts to correct what can curb your progress. A well-led sadhana, with all necessary perseverance, will support the work of the Master. You must take part in this spiritual realization, which you are yearning for. It is not enough to sit down quietly and say: it is Master who does everything. He does it up to some point; you must take an active part in this work. Open your eyes, what can be obtained easily? In this area, more than in anywhere else, your active participation is critical. You take pleasure in a moral comfort, which consists in thinking that you are irreproachable, that only others have to make efforts. Don't believe a word of it. You are your own enemy. Develop your sense of observation, be lucid and track constantly the roots of some practices so deep-rooted that they are concealed from your sight. There comes a moment in your progress when you must take a look at yourselves, with greatest humility, and then set out again divested of your main limitations.

Friday, April 13, 2001 - 10:00 AM When a situation cannot be changed, it should be borne philosophically. These people who talk a lot of nonsense are badly informed and above all, are being dishonest. Do not be sad, my daughter. We know how much the Mission is close to your heart, but in this case, what more can we do? Stupidity leads to the worst excesses of which Sahaj Marg is currently bearing the brunt. That country is disconcerting; it has no spiritual maturity and that cannot be forced. Nothing prevents you from continuing your personal work. You cannot be dispossessed of your progress in love and faith in what you are doing. That will not affect your progress. Be careful not to judge, to set about some of your brothers by accusing them of causing this national state of mind. The roots of the evil are especially external to the Mission. The evil is profound; it is about a sapping action which has its source in an ideology of which you do not even suspect the power. This evil must completely manifest itself so that it can be overcome. It is such a sad society where the extreme must necessarily take place in order to eradicate the evil. Pray for these unscrupulous beings who are breaking those that do not resemble them, to achieve their ends.

Thursday, January 25, 2001 - 10:00 AM God's intentions are inscrutable. He leads souls to their true destination by a circuitous route, which is your case. It was necessary, several times, to move the pieces on the chessboard, so that you came towards us. Your previous researches were not useless. Your heart was in need and was not really satisfied with all that preceded your arrival in our way. Mishaps are sometimes necessary, so that thereafter, a true choice can be made. This preliminary quest is not an obstacle to spiritual life; it permits one to commit himself with more conviction, while putting aside the regret for not having tried out something else. It is very rare to meet, in one's youth, the right Master. By and large, we all experienced a few things before reaching the goal; and that is a good thing. Man's natural curiosity encourages him to proceed in that way, even in this area. Nothing is done without reason. To find one's Master in a life is a rare blessing. Lastly, the disciple can fulfil his potential through his practice and get reinvigorated in his faith. He is encouraged to make efforts which will lead him towards his destination, under the benevolent protection of the chosen guide.

Wednesday, March 21, 2001 - 8:00 AM A real spiritual way should not be confused with this craze for psychology related methods. Don't get it all mixed up. Don't some abhyasis understand the richness of our method? It looks like that! They lack perseverance in their internalization work and look for shortcuts, thus thinking that they would more quickly reach the goal. They are mistaken and must not be encouraged towards that. The spiritual work must remain what it is. Well understood, it solves inner conflicts, generated by a profound dissatisfaction and a need for the spiritual being to find his real expression. Respect Sahaj Marg practice and spirit scrupulously, they will meet this appeal that is expressing itself in you. You must persevere in this way; it doesn't need any sort of addition to it. Be vigilant; history showed how drifts were harmful. Men distorted teachings of a big purity to reshape it according to their own views. Do not let intellectual curiosity interfere in this universal and redeeming method, beyond what you can imagine.

Tuesday, April 10, 2001 - 10:00 AM Have no fear, you exactly wrote what we wanted; some things must be said. It is unfortunate that these messages are not widely diffused. With regard to the previous topic, it is regrettable to let these practices continue. There is absolutely no need to add whatsoever to our method of spiritual development. Well understood, it is very sufficient. If our candidates took the trouble to do their work assiduously, by respecting our teaching to the letter, they should be satisfied with it. The question is: are they ready to commit themselves? Do they give their sadhana its due place? Without perseverance, nothing can be obtained. A spiritual process is not a gadget. The mind of Westerners is solicited from all sides. Too many pieces of information are provided to them; all kinds of systems are proposed to them. Many are totally confused, in this world polluted at every level. They cannot cope as individuals, and get carried away by this excessively materialistic wave. It is difficult for them to find their right place in this society.

Sunday, March 18, 2001 - 10:00 AM Extend these special moments when your soul exults. Be carried away by this powerful wave. It reinvigorates your entire being; even your physical body is being regenerated. Profound meditation is the best food for man, and the subtlest one. Each one of its cells aspires to bathe in this redeeming wave. This expectation of the soul must be met; every day its life is anchored in this process. It is in need of such a process; do not resist it. Let yourself be carried away by this power of Love which is in you and which calls you intensely. We would like to let you taste these blessed moments when the Creator subjugates his creature. Think of the way you are going, plunged in the heart of your sadhana, surrendered to the spiritual power of your Master. He knows how to lead you to this water point, through successive steps, dropping your human characteristics, your ego, to only be a soul divested of its obstacles and thirsting for love. On this restful Sunday when the noises of the city die down and let you enjoy much more time to be in your own presence, may you find peace and joy to search it, in view of better connecting to Him.

Tuesday, August 27, 2002 - 8:00 a.m. There is always much to say; the issue is: do you want to continue reading us? We already said it: keep these messages to yourself, if you think there is fatigue in people around you. My dear child, our 'heart to heart' will continue, whether it results in writings or not, the purpose being to help the readers effectively understand the purpose of their process on this Earth. Many are in the darkness of ignorance and do not have the comfort of faith. Until the end of time, we will have to strive to help them; there are no other means.

Saturday, March 10, 2001 - 8:00 AM Loving is your vocation, don't look for anything else. You should be satisfied with providing that which the world misses the most. You are not the type who makes grand gestures for all to see. You have your own place, an important one, which doesn't require what you are lacking, i.e., the possibility of acting physically, humanly, in the field. Serving means doing what one came for, whatever the direction chosen. Be delighted, my daughter, you know your place. Your life has reached its full blossoming. Keep on thanking as you constantly do by referring to the Guru of Gurus. He does not weary of hearing you. All the love He receives from beings populating this world and who turn to Him beseeching Him and offering their service counterbalances the blackness of the world. This balance is important. It helps the world in its evolution. Love attracts love, may it always grow and transform humanity. This Mission is imposing. You should contribute to it. The issue is not taboo, as some people believe even within our own Mission. A human being does not advance in isolation; he takes his fellow creature with him. Make sure that this curve constantly evolves in the right direction and stretches towards infinity.

Thursday, February 8, 2001 - 10:00 AM Your gifts are not at issue in the problem which is tormenting my son; we can do and say nothing more for the moment. Remember what you are told today: your competence is perfectly what we need. You should relax and keep your perceptions intact by letting the transmission carry you. This transmission is the major asset of Sahaj Marg. This so simple means of connection to the Source, ignored during such a long time and given again to the world by the grace of my Divine Master, is at the disposal of the souls who need it. This transmission is a true blessing for the world; it can transform hearts avid for the Absolute and touch souls awaiting grace. Our way is making progress slowly; nothing can be forced. It is developing according to divine laws, in spite of the obstruction, which certain recrudescence forces can make for a limited time. Cultivate in your hearts this incandescent flower, of which you do not even suspect the importance in your lives. It transforms you thoroughly and regenerates you in the most subtle part of your being. Be deeply receptive and let yourself be conquered to become conquerors in your turn.

Monday, March 5, 2001 - 10:00 AM The Earth is nearing a worrying saturation point. See how, around you, the whole creation is suffering. Men are the culprits. They have been playing with fire for too long. The process is irreversible, they cannot stop any more this mad machine that they started and which is rebounding on them. They mistook progress for the notorious incompetence, which characterizes them. While so proceeding, they were not really unaware of the consequences of their actions, but their pride was and remains the strongest. Now that this critical point has been reached, how will they get out of it? Poor innocents will pay for that. The collective consciousness also belongs to each one. This tragedy has no way out and you can notice its damaging effects more and more. We do not want to be alarmist, but simply wish to open your eyes while it is still time. Your means of action are very much limited; you do not hold the reins of power. You can mainly pray so that divine clemency would pity those sorcerer's apprentices who endangered the entire planet. May the time for a changed humanity come; it is our wish and the goal of our action.

Thursday, March 8, 2001 - 8:00 AM When a soul like yours is imbued with love, it feeds on its own substance. It lives its most beautiful moments within itself. It sacrifices itself in the place where the Divine awaits it. It lulls and carries it with such an impetus that it remains stunned—panting! These moments of sadhana are intense and unique. What's worth expecting and more beautiful and inspiring than this meeting within the Immutable! In these moments when torments are forgotten and only peace remains in oneself, the soul exults gratefully; it loves, infinitely. The being's aspiration to live these states is latent. He knows deep in his heart that beauty exists and that a pure flame shines therein, permanently, attracting Divinity. The heart calms down, it loves endlessly. Torments of life fade away and give way to beauty: the infinite beauty, that which cannot tarnish, and which, like a thread, connects him to space, where the true life lies. This plunging in oneself is ineffable. In those moments, words are superfluous. The union of the soul with its Creator is a sublime and blessed moment that will not end.

Saturday, December 9, 2000 - 10:00 a.m. Don't be sad, consider the Mission as a whole and its progress in the world. The setback in France is due to this anti-sect propaganda orchestrated by political and religious authorities. It ends up by reaching people's minds: the media regularly apply themselves to propagating false ideas. This situation is causing a large number of our aspirants to question their choice. It's sad, but that is how it is. The Christians fought for four centuries before being officially recognized in some countries. Before that they were regarded as a disturbing sect. You have to give it time and continue what has started so well. We are not a religion, we don't impose dogmatic beliefs or sacred rites. We teach a method capable of helping humanity grow spiritually without indoctrination. This country no longer reasons according to the legitimate right of its citizens. Our brothers and sisters must understand where the truth lies, and keep trust in their Master and in a proven method. They will set off again more confident in their approach, placing the path they have chosen above attacks that have nothing to do with them. They will regain the enthusiasm that in some of them is waning and the motivation to make a fresh start on a path that suits them. This crisis will not last for ever, the Mission in France will one day come out of it stronger than before.

Friday, August 17, 2012 - 10:00 a.m. Life is a continual struggle; an incarnation is a trying process, an opportunity granted to humans to surpass themselves and to conquer inside themselves a sacred space where their spiritual potential can be revealed. Our way is helping abhyasis with this end in view according to their commitment, receptiveness and loyalty towards the Master and towards a method whose effects – whether humanly visible or not – bear sizeable fruits. Becoming incarnate is a formidable experience in terms of outcomes, and understanding the need to act for the good, for one's own good, is a definite advantage. How many lives does it take to rise, to adjust to that which must be, in the strict sense of this term? May all our aspirants understand the need to act for their own evolution. Time is running short for everyone; 'the way of the heart' is offered to them with a method and a means to thus advance at their own pace. It is up to them to understand and experience a sensitive approach to the truth from a human being's perspective. Each person has their own potential, their own faith, and the perseverance that befits such a process. It is said that one day 'the divine goal will be achieved' – that is the context in which this way is offered, together with the living Master's very specific action associated with the aspirant's practice. All are advancing at their respective pace and are assisted as is appropriate, although the relevant results cannot be objectively measured. Hearts are changing significantly in varying degrees depending on each person's commitment and faith. Constant blessings to all!

Sunday, August 25, 2002 - 8:30 a.m. Do you realise how lucky you are? You receive us in your heart, without any ceremony or pressure. You only feel the joy of communicating with us. My daughter, many of our brothers will envy you for this performance. For you, this ritual has become natural after all these years; in addition, you derive from it considerable benefits. The spirit of our Mission is revealed differently in these writings; other facets of it are shown herein. The genuine seekers who will have access to them will be able to detect behind their comments, sometimes insignificant, truths that should not be neglected to reach a high level of realisation. Everything should be considered with attention in this matter. Each step is counted and marks a long and difficult way, which we seek to light in the best possible way, for the good of all.

Thursday, August 29, 2002 - 8:00 a.m. Don't you see me in front of you? Don't you feel in your heart this wave of love that usually marks the beginning of our contact? The curtain of your thoughts was a hindrance; it has been raised and we can now start. The lack of receptivity is an obstacle to meditation. The heart must keep itself clear to escape the swirl of life – which must remain outside this call from the soul – and be united with the Divine. It is thirsty for this unique vibration that wins it over when the state of vacuity is reached. The heart can then relish this grace that fills it with joy. This kind of ritual, accomplished in the silence of the place and the heart, brings about new forces produced by this encounter with a distinguished guest resulting from our perseverance in calling him. This state becomes accessible during a profound meditation; make sure that it recurs as often as possible; it will strengthen your heart and you will enjoy its benefits.

Monday, August 26, 2002 - 8:00 a.m. You are advancing, my daughter; is this not what you wish? We cannot spare you everything with regard to the miseries of this world. As for your spiritual progress, we manage it as we see fit. By offering your heart to us, you place it under our protection and it is up to us to take care of its blooming. This does not represent a major concern for you; you do what you deem right to serve us, without expecting any reward. You cannot act better; doing it out of self-interest does not serve any valid cause. Surrendering to the divine will must be achieved with utmost selflessness. The efforts bear fruit, it is in the nature of things; love offered in addition is like an aureole crowning the whole. To love, to love endlessly, to offer one's heart with fervour – is this not the most beautiful in this business? Thus doing, don't you feel you are overcome with some sort of exaltation that makes you happy? Meditate on this way of being and cultivate it within you, if it is not innate. Your process will find its acclaim.

Sunday, August 25, 2002 - 10:00 a.m. Act as per your heart. We understand your lassitude; you have given the maximum to satisfy us until now. Our rendezvous will continue and you will do according to your capabilities. Try to overcome your current difficulties at this moment. Look towards the horizon and imagine the beauty of those unknown spaces; only see that. Can you forget your body during this contact? We want to take you by the hand and guide your steps in this privileged moment when we besiege your heart. Caught in this soft euphoria, it becomes lighter and your body benefits from this energy! A well-led meditation operates on all levels; it brings about much and deserves all your care. Practise it with zeal and with fervour; it will change your life. We encourage you all to practise assiduously. Be blessed to persevere in our way; it will not disappoint you. One day, you will achieve the divine goal.

Tuesday, August 14, 2012 - 10:00 a.m. Plunge into yourself; search for the best and you will find it as is customary in this ritual. Here the mists fade away, giving way to bliss. It enables you to capture our comments in a state of quietness and surrender. Thus can our abhyasis find serenity within, through diligent practice fully centred on the Master, the centre point of their practice. Our great son gives and will give until the end and beyond, when that day comes. The alliance of Masters remains vigilant and carries on their action; so will our son, but we are not there yet. Abhyasis should rest assured: his current problems do not in any way diminish his power – not only is it intact, but it is increased tenfold. This Sahaj Marg Mission is a coherent whole whose Master is not transient. Indeed, his action is not short-lived, as is the case for splinter groups arising from egotistical impulses that end up in time being cut off from the divine source. This spiritual way of the Mission is desired and inspired by higher powers. It clears the way; it is the way that is helping the greatest number more and more, and will do so for a very long time in this world. It is meant to maintain points of reference in this transitional era, before humanity eventually opens up to the higher reality. That time will come; it is an extraordinary grace to contribute to it. May each and every one become aware of it and advance on this path leading to the time to come.

Friday, March 20, 2009 - 10:00 a.m. These short messages are not insignificant. They must be kept, no matter how many have already been noted down. Time will give you the reassurance of all that we tell you – did you imagine that they would be published in so great a number? We repeat yet again: 'Doesn't all have its *raison d'être*!' Here, particularly. Continue to fight, my daughter, and to serve us. Be blessed.

Friday, August 10, 2012 – 10:00 a.m. My daughter, all the great beings protecting the Mission have communicated with you in different ways. They thus show their perpetual attention towards the Mission, towards its development and our dearest Parthasarathi, the great Master aboard the giant ship capable of withstanding the strong waves of life on this Earth. Unreservedly respecting his decisions should be the main line along which our sincere and faithful abhyasis should stand. Cohesion is more than ever essential for harmonious and productive development in every way. We highly appreciate the commitment, the action, as well as the fervour of our faithful candidates. Their diversities form a whole which consolidates, at the material level, the power of a way like ours. Our way is adapted to the current era for the good of all humans. What it generates on the spiritual plane and which benefits all of humanity is not negligible. Indeed our way prepares the future, a better world where people will understand the need to rise, to refine themselves, and to lessen their tendencies by working on themselves with the support of the action of the living Master who operates at higher levels. Nothing comes easily; perseverance, faith and honesty are the best guarantees of success. All our candidates are monitored and helped more than they believe. It is up to them to carry on; the way is open to them, under our blessings.

Thursday, August 9, 2012 – 10:00 a.m. See far ahead, think big, very big, go beyond what is tormenting you today – what will remain of it tomorrow! Each day has enough trouble of its own; isn't the main thing for you in this moment the greatness of our Mission and its growing impact in the hearts where these messages now have a special place? From the outset, your Master was able to realise their importance and value. Nothing should be overlooked in such a journey. Words have their own power, a vibration capable of aiming exactly at the right place. Sooner or later on the path of life, all our brothers and sisters go through tests that are sometimes very hard. Faith is their refuge; a living Master ensures its manifestation at human and spiritual levels, but not necessarily as abhyasis would expect it. Some events particularly affect them, this is inevitable. See the current suffering of our beloved great son, your Master; life has never spared him, it is in the order of things. His spiritual greatness does not shield him from turbulence and suffering of all kinds. Masters across time have experienced this firsthand; they can understand better than anyone because they too know what suffering means in all circumstances. Accepting, seeing far beyond and loving above all, offering [one's heart] in a state of surrender, as much as possible – all these elevate the soul to its highest destiny. May all our brothers and sisters excel, grow and advance in leaps and bounds to the ultimate goal.

Saturday, April 9, 2016 – 10:00 am One incarnation prepares for the next; the links of the chain become stronger over time and consolidate a long lineage that is necessary for the journey of a soul. It takes so much suffering, so many experiences and multiple tests to reach a satisfactory state of consciousness capable of meeting the deep aspirations of the soul. Following a true spiritual path, one that is capable of simplifying the ultimate quest, saves valuable time. In this very mysterious 'heart', the main thing is accomplished: the progress of the being. There lies a wealth that is so very precious, namely the divine energy in each and every cell of the being. Science does not yet grasp this personal treasure very well. Every human being possesses it – how can we make all of our brothers and sisters accept and understand this? Places of contemplation foster true progress; interiorisation and silence promote inner peace, one in which the soul is enraptured, progressing on its journey towards the Eternal. Deep and true joy soothe the soul. In this sacred space, the marvel is achieved: the union of the soul with this sublime energy, which in reality is divine. The practice of Sahaj Marg greatly facilitates progress. This mysterious cocoon of energy transforms the whole being, down to the most secret places of the soul. By virtue of its primary essence, this divine energy can perform miracles. In certain circumstances, everyday life demonstrates this; nothing is insignificant, and all is counted. Cultivating love within oneself leads to serenity and total surrender, and subsequently to the best that can be. Blessings to all.

Thursday, August 12, 1999 – 10:00 a.m. You are going through a critical stage, which increases your state of tiredness. Be patient, we are here. Don't linger over the incomprehension of your fellow men. If they were in your place, they would shout for help! Keep a dignified attitude, my daughter. You are courageous, which we appreciate. You should know that you have taken part in an enormous work. Be blessed.

Thursday, July 15, 1999 – 10:00 a.m. It was agreed that this collection would be comprised of much backtracking on many points already addressed, a kind of general rehearsal. You have come a long way, and we are satisfied, although these messages are reserved for a privileged few. We see their impact; to some extent, you serve as guinea pigs... You respond well; it happens that our criticisms make you bristle, but common sense regains the upper hand. You are good subjects: The test is conclusive. It's important to know that the more you refine yourselves, the more you call this subtle energy we just spoke of. It permeates you more and more and releases you from this heavy vibration that holds you down, a little like a hot air balloon remaining stuck in place, for lack of ability to unload. This refining is not achieved without difficulty, more for some than for others. Many factors come into play that are not under the control of your will, except for your perseverance in the practice. In any case, always do your best; be surrendered to the divine will. The Master knows where you come from and where you are going; trust him completely. He knows what he is doing with each one of you, otherwise he would not be the Master. Have faith in him, it is my request to you, and I give you my blessings.

Thursday, April 14, 2016 – 10:00 a.m. Everything is constantly beginning anew – hours, days, life in its entirety. This eternal cycle recurs at all levels of creation. It cannot be otherwise, as this principle is divine in essence. Human beings have no recourse in the matter. They must respect the cycles of life, while living and coping with everything generated by such cycles. The magnitude of creation is beyond human understanding; human beings must adjust themselves to its laws and adhere to their rigour. A human being's power is very fragile; one's life hangs on very little – “a breath, a nothing, and nothing more”. This observation questions many beliefs concerning humans; no one can defy the divine power, that which creates and manages the whole universe. Whatever their greatness, their work and role here below, human beings must comply with the divine laws and work strictly in accordance with their karma. Karma is unavoidable. Everything in its minutest detail takes place as planned; it can't be otherwise. A human plans his or her life and what does God do? “He laughs.” We are pleased to state this maxim once again; it sums up nearly everything. In this domain, surrender is sovereign. It can lead one to believe that everything is easy and that one has only to desire something in order to obtain it, which sometimes happens when the desire is consistent with divine purposes. The fabric of destiny resists much turbulence, and human beings in their smallness must face up to things – such is their karma. The principle of this karma is redeeming; it is up to each and every person to manage it as best they can and to ride, by its grace, the meanders of the sovereign Spirit. May all may be strengthened and enlightened in this quest for the Divine.

Friday, April 15, 2016 – 10:00 am These writings are the expression of an extraordinary love. Their number and their vibratory intensity are their distinguishing features. They are meant to touch the hearts of our brothers and sisters and accompany them throughout a spiritual journey that is suited to the new era. The present is being lived, and the future is being prepared; this preparation is accomplished here for the good of the greatest number. This Sahaj Marg Mission operates in its own manner; it is leaving its mark over time and will remain one of the determining factors in the evolution of beings. Our vision of the future world enables us to say this. Many things will change; aspiration for the Divine will greatly increase, fostering an unprecedented expansion of human consciousness. A total transformation will be required in order for humanity to reach the desired level. Many souls aspire to the Divine without being able to act as needed. The evolution of beings goes through various stages in the process of transformation; some stages are more favourable than others. Balance is nonetheless created, leading to positive results that are in line with divine plans. The era of the future will be completely different and is being prepared. Sahaj Marg will hold a special place in that future, as its action will unfold through people's hearts for the good of all. Thus is achieved that which must be realised; the divine will manifests according to its own laws. Blessings to all.

Sunday, January 31, 1999 - 9:30 a.m.

An immense preparatory work is under way for the end of April. There will be quite some turmoil, tears and disappointments. A certain laxity has crept into Sahaj Marg. Our role is to push our associates in order to make them advance, and not let them get bogged down in a humdrum routine which cannot be salutary. We do not ask an iron discipline, but a minimum of respect for the method. The West is disconcerting as regards spiritual work. We must now shift into a higher gear. The world will be saved by the spiritual. The ultimate recourse will come from there and from the goodwill of human beings. It is time for each one to become aware of the mess of this industrial civilization and its devastating effects on humans, in the best of themselves - which is to say, the divine. Family and personal values of individuals no longer have any structure. One respects nothing. Humanity cannot continue in this escalation that would lead it to chaos. Look at what happens around you, and listen. Wouldn't you like to stop seeing and cover your ears? Do something, reexamine your way of living, your ideals, beyond profit and well-being at any price. We do not ask you to live in scarcity, but to take stock and see your real needs. Consider that your time on Earth is limited in a way you can't imagine. So try to better reconcile the material and the spiritual. Without a certain wisdom, humans cannot be happy. Apart from 'small happinesses', fleeting and illusory, true joy can come only from within. Such a joy is lasting, beyond reach of the deceptions of a deceitful and disappointing world. Build yourselves a luminous universe where you will be happy to come and recharge yourselves. Make efforts; nothing can be obtained without work. You have not understood this well, as far as the spiritual is concerned. Your world of today does not like effort. Everything must come to it easily: 'Why should one wear oneself out? It's inhuman!' Reflect! Take stock of your life. Re-examine your errors of judgement, your rash decisions, your egotistical reactions which, for some, have shattered their family or professional life. Our role is not to moralize, but there comes a time when one must assess the situation and become aware of what must be changed, corrected, in order to set out on new bases and obtain the desired results. Be uncompromising with yourselves before being so with others. Look at the world with compassion; many don't have your good fortune, including that of moving forward on a beautiful path that does not, after all, require an inordinate amount of courage. Do your best, but truly wanting to do things well. Question yourselves; it's a matter of urgency. Life is short, and lost time cannot be made up for. Make your assessment and act accordingly; you are your own obstacle. It's up to you to decide what you really want. You see, my daughter, this message may not be understood and may cause doubt. People don't like to have their weak points pointed out. Do your level best in what concerns you. We want you to advance and taste here below unparalleled joys. We want only your good and that of everyone. As concerns the ashram, without some tolerance towards one another and the goodwill of each one, how can one really make it move forward? It's up to you to see!

Saturday, August 1, 1998 - 10:40 a.m. M: Babuji, I try to do my best to please you.

B: You are making efforts, that's good. You must go further. As I have already told you, you have to persevere to go towards the high levels. There is a threshold where this becomes more and more difficult. It is necessary to really focus on the goal to be attained and to go to the very depths of oneself to unite with the Divine. Prayer, the impulses of the heart, are not enough to walk through the golden door, the one that leads to the culmination of all real pursuit. Sahaj Marg is a simple spiritual way with no added ritual or invocation of any kind. Its simplicity is effective when used appropriately. We help our aspirants as long as they work with ardour. We know that modern life, in the heart of the cities, is not conducive to contemplation; there is no need to spend hours on it. One has only to do what we recommend, with one's heart and also with love, which can only grow with time. By persevering, all this will yield the best results. Blessings.

Wednesday, August 25, 1999 - 10:00 a.m. Don't become attached to anything or anybody, humanly. The more you advance, the more you realize the frailty of human feelings. Place yourself on the spiritual plane only, and from there, give without counting. Make sure you distinguish between these two ways of doing. Your wide-open heart can set the world ablaze. Connect yourself to beings through the divine bond which unites you all; the hidden presence which is inside you, [you should] find it. Let it grow. On a large scale, that can change the world.

Wednesday, August 4, 1999 - 10:00 a.m.

M: Babuji, I needed to get back to this kind of heart to heart and to hear you speak of love.

B: You are right, my child, let's get back to love. It licks the wounds; receiving it or giving it produces the same effects. It is the ultimate recourse in the most trying situations. Poor is he who neither receives it nor gives it; you should keep this treasure in you if you have it. Make it bear fruit by distributing it generously; it can only pay off. Even if the return is lower than what you gave, that can be enough to gratify you. As far as we are concerned, we do not return it sparingly, you know it; the process is expanded. You give us love, we return it to you a hundredfold. Yours is sincere, ours, needless to say, is of a rare essence, i.e. not of a human nature. Yes, I understand, after these recent messages which do not let us predict anything good for the future of humanity, it is good to get back to this wonderful topic: love—but, for the occasion, it is about a special love. We do nothing but evoke it; it is impalpable, elusive and cannot be explained. It's meant to be experienced, perceived, given and received: it is divine. There lies all the subtlety of this emanation, which comes from the heart, from the depths of the soul. It is a kind of unique elixir, which cannot be described, but can only be experienced while becoming imbued with it. Make sure that it develops in you, with our blessings.

Saturday, August 7, 1999 - 8:00 Yes, M. and J. will go away, such is their destiny. Distances don't matter, you will always remain in touch one way or the other. You will meet again; it is bound to happen. That's life. Some people are born and die in their village without having ever left it, and others rove the world. Each one has one's life, one's mission, one's karma, which must be achieved at all costs. Imagine your stay on Earth as an initiatory journey and that, one day, you will return to your fatherland, richer with all your experiences. You will take stock of all this and you will realize what it really brought you. There are birds that live in cages and migratory birds; whose life is more educational? This educational process takes place inside and not through travel memories. Which of the two species is privileged? Not necessarily that which one can imagine. You tend to think that only travels and great epics can develop your mind as well as qualities of strength and courage. The monk who leads a cloistered life in his monastery without ever going out can earn very great wealth and have joys, which great travellers do not necessarily have—they have sometimes only a superficial view of things. Each one has what is necessary for him. Do not believe that only very great adventures foster a faster evolution. Seeing, knowing, are not enough to qualify you for uniting with the inner Master. All is possible and can be achieved in any circumstance. There are no specific criteria to reach the goal more quickly. Only what is already inside you can thrive wherever you are, if you so want and especially with the assistance of a Master.

Thursday, August 26, 1999 - 8:00 a.m. Humanity will take a great leap forward in the decade to come. It will not be exactly restful, but discoveries will be made to fight certain diseases; less polluting energies will be used which will bring about a greater general comfort. Obscurantism will subside in certain parts of the world and many souls will wake up.

Thursday, February 11, 1999 - 4:00 a.m. Yes, you understood it well, my child, ours is a relationship of love. It is your love that has touched me and not your merits. You know this. Love overcomes everything. There is no total love without purity and surrender. Everything was said in the book *My Master*, written by my son. Read it again, be continually inspired by it; let it be your bedside book. It is written with great simplicity and accuracy. It was inspired. Develop this quality in yourself, become love; it opens all the doors, including those of our hearts. Thank A-M for her work. (4:30 p.m.) We were interrupted, but you see there is always something for us to communicate about. As long as you can, we will do it. The spiritual path is a long journey, thorny, difficult at times. It requires a great deal of perseverance; everything has always to be redone again and again. But it is the same for material tasks, which merely ensure your means of existence. Spiritual work also is endless, but it will bring you to the state of pure spirit.

Tuesday, August 3, 1999 - 8:00 a.m.

M: "Babuji, this explosion on the moon, is it serious?"

B: Yes, insofar as there exist forms of life which your electronic microscopes cannot detect. Man is a high scale predator. He believes he is a unique species living on a planet, the only one inhabited. He is mistaken heavily and the consequence of this insane act is incalculable. The council of sages, which monitors this world, is concerned by that. How can this madness in making disastrous exploration and experiments be stopped? The Earth is dotted with nuclear power stations some of which are run-down and are capable of blowing up everything, of causing the oceans to overflow, of inducing polar reversal and other delights in store. You have raised a query, which I have answered, but that is something you know already. I do not want to frighten you; you had received inklings about these issues for a long time. The governments know it and do not change anything in their policy. They cannot backtrack although they know the situation in its terrifying reality. You, as citizens, you cannot change anything, nor feel guilty in the face of such an irrefutable fact. Demonstrating in the streets would not serve any purpose. It is a monstrous system, which will end by itself, after many useless upheavals. Energy can be found differently and simply, but time has not come as yet for that. You are using what these monsters have created and you cannot change anything; that is the way it goes.

Sunday, August 1, 1999 - 8:00 a.m. M: "Babuji, have I understood well? Do you want to test me?"

B: Had I ever misled you? Alas not, there will be a severe backlash on this issue, when time comes! Going to the moon to cause an explosion just to see...! It is dramatic for the forms of life that exist there. Your fellow men, when they have to undergo the consequences thereof, they will be able to meditate on this aspect of things before calling it injustice and putting the blame on the Divine. Don't forget that the first cosmonauts were saved by extraterrestrials, as you call them. It was a warning. Man, stubborn, self-important, has not managed to draw the lessons from that act. He destroys knowingly to carry out experiments. May this great fear currently prevailing make you reflect and may it be salutary for you all. If J.M. reacts well to the previous message, it is a good sign that he is advancing. One day, he will perhaps understand that a stay at Manapakkam would have been more salutary to him than a tourist tour. If he believed in me, the truth would have been obvious to his mind and he would have taken my advice. What else can be done? We cannot help him in spite of himself. He has not done all that I have requested from this boy. This is an example of the difficulty we face with you all, and with some of you in particular. Don't be worried for him. He is endearing; we will follow him until the end. The human being prefers to follow roundabout paths, he loves to stroll, explore outside his most direct and surest lifeline. Even if he is fortunate to be advised by an inspired Master, he often prefers to follow his own idea and he creates unpleasant experiences which were not essential to his progress: that is the way it goes. We will not revert any more to the issue and we will not give any more this kind of advice. You, my daughter, go on your way. It is an aspect where we cannot blame you. You follow to the letter what we ask you and that is not new; you do trust us. We will resume later, you should rest.

Friday, July 30, 1999 - 8:00 am As I have already said, even equipped with exceptional powers, we cannot infringe and rush the divine plans. There are devastating wars, monstrous events of all sorts, which we cannot avoid. We must remain within our limits: the divine law must be respected. You see only what cannot be stopped, but you have no idea of what is being achieved in the darkness and of which you are spared. There is no rest for the chosen ones, ever, at any level. You should know that on this planet, as on the others, the divine laws are relentless. That's how things must be for the balance of the universe. Earthmen are troublemakers and dangerous elements. They endanger this order established so well, and must, alas, receive lessons in the sense of their harvesting what they sowed. Beside hatred and violence, which reaches its paroxysm, the universal harmony is endangered by the irrational inventions made by individuals believing they hold all the knowledge of the world. The Earth is in danger because excesses prevail at all levels. The law of boomerang will have to be put into action to calm down this diabolic play. My dear children, you should be moderating and luminous elements, in this completely mad system. We bless and inspire you in all circumstances.

Sunday, February 7, 1999 - 9:40 a.m.

M: Oh Babuji, what a marvel to glide like this! Babuji, I am so disturbed today; have I understood you well?

B: Yes, we are here, the source has not dried up. We notice that our messages have an impact on your women friends; that is good. We would like them to be disseminated more widely, but it is too soon. Minds are not sufficiently open. Imagine a little what would happen if they were read at the ashram, the reactions this would produce if one discovered their origin; it's unthinkable. What matters for the moment is that they are well understood by a few people and passed along in conversations or specific exchanges they may have. Meditate, my child, we will resume later. Stop thinking negatively. Why would you not be able to receive us properly today? It's a lack of faith on your part. Raise your thought, come and join us at high levels; all will be simpler. You see how the sky becomes brighter as you elevate yourself. Appreciate it, my child, taste the delights of your soul. It is always in such moments that we have the best contacts. You see the outcome of ten years of perseverance, and what you derive from it today. Pray that the beings you love may reach this level, but don't forget the others, the multitude that is so far from spiritual joys. Imagine your life without this dimension, could you withstand what your body has been going through for such a long time? Where would you be? Think about that and ask tirelessly for faith and love to spread over the Earth. The salvation of peoples can only come from there. How many human beings can understand it? How many lives will it take to bring them to this stage of evolution? You are lucky, you abhyasis, who are on an effective path, if you take the trouble to use it properly. As I have told you, you do not like effort. Human beings of your time would like everything to fall from the sky for them. Everything actually can fall from the sky for them; with will power, with perseverance, they may well achieve it! Set yourself a goal in this life. Try to go as far as possible. Don't neglect your abhyas - these are your best means of advancement. Look back, see how far you have come; whatever your attainment, would you want to return to the starting point? We follow your pathway, we help you as best we can, but we cannot 'do' for you. Be blessed in your undertakings. Repetitions are necessary. You are not computers; data must be reprogrammed time and again. That is the way it is, so don't be surprised if we keep coming back to the same issues. Each one receives according to one's needs; it's up to you to make it bear fruit. Listen, do you hear? You are unleashing laughter, so, laugh with us, that will relax you. You are a pathological doubter, anyway we bless you.

Sunday, January 3, 1999 - 12:00 p.m. When you come to join us, you will refresh yourself in the plain truth. Do you believe that during my life, on Earth, certain messages that I received would have been well perceived? Nothing can be changed about that; you know this. Continue, don't change; you are our instrument. We appreciate you, we love you as you are, so what more do you want? Are you satisfied with this? Be assured that we understand your doubts; few humans have this 'true' capacity to communicate with us. So let it be, let the jealous, the ignorant, and people of little faith talk. We would be unable to communicate certain truths, to speak about certain facts to those we have chosen! That would be sad and distressing. Be at peace with yourself about all this. You will hear more and worse. Content yourself with looking in our direction, as one looks up to the sky with hope.

Sunday, August 22, 1999 - 10:00 a.m. Love attracts love, as the flower's chalice attracts the bee; it's in the nature of things. It's a natural act, but it's also an act of love, of complicity between these two created forms. All has its *raison d'être* in this vast world. Love is the nectar, which must emanate from you. Your heart totally open must give this divine food plentifully to where it is needed. It's an inexhaustible treasure which you can let flow freely since it will be returned to you from other sources. It's a magic and divine circle. Joining the circle is a true blessing; may you excel in it!

Thursday, August 12, 1999 - 8:00 a.m. My dear child, we have tested your heart and your soul strength. We knew already that we could trust you; once again, you have given us evidence of it. Your preferred saint has come towards you to congratulate you for your attitude during this initiatory process. She also follows you with love. The isolation is necessary for you in this moment. You need to be able to say 'no'. Rest, be at peace.

Sunday, February 14, 1999 – 9:30 a.m. M: Oh Babuji, help me. Let me be only love.

B: Yes, this message is going to be about love. Celebrating it is good, living it is something else. When love truly reigns among human beings, it will be a great step for humanity. This work must be done in each one of you. Cultivate love, develop it, cherish it; let it be a priority. When you understand its importance, your life will feel lighter. Your relationships with others will be different. You will approach your neighbour with another mindset. Let this shield be always between you and your fellow beings. This will help you overlook their flaws, reasonings that shock you, or behaviours that make you bristle. Put the balm of love on all of that. You will see your life change. You will all be happier and you will make others happier. You always have this restraint that blocks you – they are like this, they are not like that. Are you perfect yourselves? The more effort you make to advance on this path, the more indulgence and even tenderness you will have towards certain ways of being of your brothers and sisters. This celebration is a good beginning; one should never despair of humans. One day, they may be mature. Start changing now. Some people do exercises to maintain their body, their muscles and their appearance; do the same for your character. All will be well. Look at the other person with an open heart and not with the attitude of the cat that is watching and ready to pounce. This is your mindset most of the time; if the other person does not do what you expect, or say what you like, then you show your claws. This attitude is not worthy of a true spiritual aspirant. Rigorous practice and total surrender should help – try it! Imagine each abhyasi being in the good frame of mind mentioned above, and the happiness of being in the ashram in a perfect climate of love; the ashram would never be empty. It would be the golden age; it will come! Many wounds will be necessary, it is through trials and suffering that beings are supposed to advance. Pray, my brothers and sisters, for the advent of a world filled with love. You see, my daughter, it has not been too laborious for you today. You must approach these contacts in a totally relaxed manner, without fear of not being up to the task. Here too, only one attitude is appropriate: be in utmost surrender. Let love within you breathe out and spread like an intoxicating fragrance. We bless you, my child, as well as your visitors! The essential has been said.

Sunday, December 27, 1998 – 10:00 a.m. M: O Babuji, I know only too well that I am nothing.

B: You are advancing, my child, you are advancing. There will be a time when we will be able to help your body. Continue to make efforts, immerse yourself in the sadhana; see its effects on all levels. Meditate now. You are like the child that leaves its mother's womb; you emerge to life, to reality. When we see a soul rising, we are filled with joy. We carry you like a precious load, you are the object of all our care. Do not let yourself be overcome by the torments of life, as you do. Anticipate 'your future', put events into perspective. As I said to you, become imbued with Yogananda's writings on war and the role of Maya. He does not forget you either, we are attentive to your progress. You will attract more and more souls who are ready. We can tell you this; we know that your self won't boast about it. You are not 'nothing', since you are a part of myself. Read this with discernment to those who can understand. You witness every day how weak human nature is. We bless you. Be at peace.

Sunday, November 29, 2015 – 10:00 a.m. This rendezvous of the heart is very special today, when many of our brothers and sisters are participating in this ritual. May love carry them all with fervour and inspire our dear Kamlesh in his heavy but very gratifying work within our Mission. The Mission is taking on a scope that delights us, and this is just the beginning; solid foundations are laid now, and its expansion will continue to grow. Over time, some changes will be required, but everything will come in due course. The divine intentions cannot be circumvented; here we are striving to ensure that they are complied with and that everything is for the better on the material and spiritual planes where harmony is necessary. Power struggles and pettiness are not appreciated at all. May the growth of this path take place in a climate of harmony and respect for the laws of this world and ours. A perfect world does not exist, yet we are working towards it; why not envision it? Positive thinking is not futile. It helps achieve the desired action. What will this world become a century from now? This should be considered now, and the needful should be done today to generate the best at the right time. This special meditation creates a positive aura over the entire Mission; such a concerted action can only yield good results. To all, our very special blessings, especially to our dear K, the chosen one of our united hearts.

Sunday, January 10, 1999 – 10:00 a.m. M: Forgive me, Babuji, for still reacting to certain remarks.

B: Come and join us; rejuvenate yourself. We are happy to see you withstand the assaults on your body. We understand. Your health problems and your mediumship weaken you. You have to reconcile all of it. You are managing well; you are our preferred channel. Are you pleased with this? We wish you the best, even if it is not easy to put up with everything. But as I told you, our ways of measuring and our views are not at all yours. You will understand when you join us. Our worlds are completely different. You will have to discover other values, a really new world for you. We are preparing you as well as possible to make your transition easier and your adaptation faster. But you still have things to do here below, in this sad world that grieves us. Continue to light the way for the souls who are ready and willing to listen to you. Words can be powerful if they are well used. You help a lot of people around you. Your radiance and your striking comments, in certain circumstances, are effective. It is true that humans need to be shaken up sometimes. Do as best you can, my child, with respect to all and especially to your problems. Don't be discouraged; we support you as much as we can. You know how much we love you and follow you in everything that concerns your life. Time on Earth is short; assume it as best you can. Thank A-M for the mail. Blessings to both of you.

Sunday, July 19, 2009 – 9:00 a.m. Lord Krishna blesses our way, both for what it is and for what it will become within the framework of an expansion of consciousness, the principle of which is set in motion. Our Mission is making progress effecting that direction. Our Beloved Son, your Master, is acting in every regard towards this prospect. Time is pressing; do not look back anymore, except to remember, with admiration and gratitude, a perfect Being equipped with all that constitutes the divine greatness as manifested here below – a Being who has illuminated the world at a time of obscurantism, as far as this great figure of our history is concerned. It must be your objective, here and now, to advance, serve and contribute to the greatness of our Mission in all its forms, and to open doors – those of the Spirit in all its manifestations. That is the objective of the present. Human beings look back; that is in their nature, but they must forge ahead, especially in this pivotal period when everything can change course from one moment to the next. Time is pressing; 'the inconceivable' is in the offing, and you should focus your efforts accordingly. Be creative and vigilant. Draw your inspiration from the past to better build a future more in line with the objectives of the higher powers. All the great Beings are turning their attention to human elevation – a very vast subject – so as to exclude any error that would be fatal for humanity. Explore what we offer all of you with more attention, won't you? Your minds, caught up in the upheaval of 'modernism', no longer see the main thing. Go deeply into our teachings, including this celestial manna represented by these messages. You do not realise how important they are. By all appearances, they contain nothing sensational, but they radiate energy and a truth which few hearts really grasp. You should interiorise yourselves and advance on the way of love; there lies the main thing and the strength of the future world, cleaned and restructured for its safeguarding. Divest yourselves of useless things and get to the main thing; do not waste your time with that which is not worthwhile. Be vigilant – time flies and cannot be made up. Serve your Master as best you can and love him above all, there lies your greatest and most beautiful challenge. Our special blessings to you all in this period of my beloved son's birthday.

Sunday, August 23, 2009 – 10:00 a.m.

M: Babuji, my Beloved, I feel so small before your Greatness, that which you wish to show me. My heart overflows with love for you. Like a child, it loves without understanding the reason for such a love. 'Unless you become like little children, you will never enter the kingdom of heaven.' Thus spoke Lord Jesus. Is there anything more beautiful than resuming this childlike simplicity and excluding false pretenses, intellectual reasoning made of nice theories that ignore the impulses of the heart and the soul in its fervent expression of divine love?

B: Let your heart speak, my daughter. Why would it hesitate here, in these contacts where it lays itself bare? True greatness lies in purity, in spontaneously expressing oneself, in letting one's best appear, openly. Real love does not originate here below; it draws from the divine source, one does not dry up. To love, to love infinitely, is the most beautiful expression of the Divine, which is manifested among beings who understand where to look for the main thing – eternal truth.

Saturday, March 9, 2002 - 10:00 a.m. Your doctor is a mystic who does not know it. As you said to him, 'the Earth is your ship and not your abode'. He is hopelessly looking for what is inside him, which, if he became aware of it, could give another meaning to his life. Many humans are like that: they vainly seek in human pleasures the answer to a profound question emanating from their inner self. They do not understand why there is this emptiness, this vacuum in them, in spite of a seemingly full and happy life. As for the sage, he has understood that his life, his current incarnation, is transitory and that it shapes him according to his behaviours, but that it is not immutable and unique. The sage takes into account the great universal set up; he goes beyond his smallness, his unimportance as a human person. He knows that this life is only one moment in his process and he tries to behave favourably, according to the line of conduct he has set for himself. Man must seek, beyond this life, the perfection to which he aspires deeply, and reflect well on the means of achieving that.

Sunday, March 10, 2002 - 8:00 a.m. We must put up with your reluctance to write what you cannot confirm. The readers of the future will not be able to imagine your inner struggle to write down some of these messages. Your hesitation to disclose some of them reassures us. You are moving while having your feet firmly on the ground, which may seem paradoxical for a medium in such circumstances. Too great a self-confidence would not serve our cause any better, therefore, we will continue like that. These messages are very often inspired by your life, the lives of all of you, you our readers. You have the same reactions in the face of some facts and they justify many of our comments. What may apparently not concern you today will do so tomorrow. The same colours inevitably appear in the palette of colours that make up the fabric of your lives. You can be different from your brothers in many respects, but the human characteristics are the same for all and no creature escapes the current archetype, in terms of the broad outline. All this can surprise you; each one believes that he is unique. They may be different in some respects, but they are so much like their human brothers. When we address our medium, we have each one of you in mind. Humanity is as one and indivisible, thus are the laws governing it.

Wednesday, March 13, 2002 - 8:00 a.m. You miss open spaces: the corn fields, the meadows in flower of your childhood. They will be given back to you elsewhere. It is all mirages here below and illusion that take over man's senses. The eternal life does not build on impressions that delight sight, the sense of smell and other perceptions. They are mere momentary pleasures that give a bit of spice to life. This confinement pushes you towards other shores; these are within your reach. They also delight you for short moments, but they leave a deep mark in your heart. All these peregrinations on to other planes delight your soul, which keeps an ineffable memory of them. Your life has taken on another meaning; it is special in many aspects and rich in its own way. Your travels are out of the ordinary; they imprint other flavours in you, less fleeting, which remain in your memory. What you are deprived of is given back to you in other forms that try to compensate for what you have lost. Life has in store for you, despite everything, spaces of joy and pleasures; we see to it."

Monday, March 25, 2002 - 10:00 a.m. Trust us, our message of the day may not necessarily or instantly fit with your own perception of things, which should not constitute an obstacle. It is desirable that you do not write like a machine, but you cannot control everything; this practice would hinder our projects. Whereas you wish to note down scrupulously what we inspire in you, you should not let doubt continuously creep inside you. For these projects to succeed, you must completely get rid of this kind of reaction. You must not only trust us completely, but also, trust yourself. We know that we expect much of you. You give us your energy; you are at our complete disposal – and all this in a spirit of surrender and love, without a feeling of being under pressure. We appreciate it, my daughter; you know it and we ask much of you. We know that your heart is not weary of listening to us, that it is completely at our disposal. This is why we would like to go further; we know that you are capable of it. We leave you time to consider this proposal. It is up to you to decide, taking into account your health, which we would not like to disturb on any account. We bless you, my daughter, and all of you who surround her.

Friday, March 15, 2002 - 8:00 a.m. Don't worry; the source has not dried up. We wanted to let you meditate and thus put you in the best condition to receive us. Some days are more favourable – our vibrations align themselves easily with yours and the contact is established instantly – others, like today, require a more refined adjustment. Having mentioned this aspect of the procedure, we will come to today's theme: surrender. It cannot be learned in books, or through repeated exhortations. It is a state that develops in the heart; it results from profound faith and from the work being carried out in parallel to this, i.e., your practice and our action. The whole leads you into this state – acquired naturally. It facilitates a state of acceptance from the bottom of your heart. It becomes second nature and cannot be forced by only desiring to do the right thing. It can contribute to it, but it would not be enough to produce a sustainable effect. The true concept of surrender is the result of a secret alchemy that allows the soul to lead its search in this world, detached from its misdeeds and truly surrendered to the divinity. Surrender is a happy state; it should be relished and experienced like grace. We are working to allow you to reach it. Once this good state is earned, we can work in you in a different way and support your progress.

Tuesday, March 12, 2002 - 10:00 a.m. Learning how to love is another stage in human evolution. It is about pure love, dis-incarnate, shall we say, and capable of rising above human contingencies, being supported by a profound faith in the divine and immortal life. This stage is important; it places the subtle being on an ascending line capable of leading him to the highest realms. A force develops in him to help him in his progress. He grows stronger and he loves the divinity that attracts him within it. It is an important stage in his development. The fight is not unequal any more; powerful forces drive his life and carry him. His existence is henceforth shaken up; his reference marks and his goals are modified. One day, the true mystic arrives at this crossroads, which is decisive for him. The set-up of his life changes, imperceptibly. He does not see it in the same way any more. His higher self sheds another light on it, which transforms his habits. A new being is born in him. Will he be able to benefit from it to go to the main thing and reach the highest level? Such is our wish for him and we accompany him with our blessings which will help him in his search.

Tuesday, March 19, 2002 - 10:00 a.m. There is yet a long way to go to make this kind of contact with the higher planes part of everyday life. Yet the only reliable teaching given to men comes from these spheres. It is inspired in beings – belonging to different segments of society – whose vocation is to receive it. Some men stand out in their time by bringing to the world discoveries likely to help the multitude. The sacred teachings that influenced the history of humanity were also given in this manner. This will actually end up being admitted. Man has antennas, which generally remain unemployed. A little more attention to, and analysis of, some phenomena would be enough to progress in the perception of what is called the irrational. Dying tribes do cultivate these concepts by not closing the door to their manifestations. Men, purportedly advanced and educated, voluntarily cut themselves off from this knowledge, considering it unworthy of their competences. This fact is regrettable; the day will eventually come when man will see the difference between reality and superstition. Happy are open-minded people; they will be able to adapt to new times, freed from obscurantism.

Thursday, March 14, 2002 - 10:00 a.m. All these beautiful 'poetised' pages will be appreciated by sensitive souls. In addition to their contents, the fact of revealing the music emanating from their words, highlights the meaning thereof. We try, in many ways, to open up your mind to the divine greatness and the beauty of these blessed moments when the soul is in search of the absolute. True poetry is there, in the search and the aspiration to be united more and more with this force out of the ordinary, perceived by the heart of man and which attracts it. Each moment spent calling it fosters this conquest; it is noble and unique, and it makes the soul – devoted to it – grow in stature. All that can facilitate 'the openness' of the heart, the way we understand it, is appreciable. A heart overflowing with love seizes whatever presents itself – words, accents, music – to carry its impulses and show its fervour. There, in the secrecy of the heart, there is no restraint; loving is a noble goal. One has to love that way to understand and value sentences lying on paper that are trying to say how much the divine love can send into transports of delight the most discreet being – discreet in terms of his emotions.

Saturday, March 16, 2002 - 8:00 a.m. Yes, there are millions of planets in this galaxy that resemble the terrestrial sphere. This comparison should make the small man humble, so full of himself and of the uniqueness, which he attributes to the planet he is living on. His knowledge is very limited and inaccurate regarding the size of the universe. The Earth is a mere incident in this great work, and he – in his human nature – is only dust meant to return to the Earth. Only what remains of him is integrated in a boundless and endless process, because it is of a vibratory and divine nature. All that is refuted by science concerning the reality of man's subtle bodies, keeps its integrity and its true interest. Life does not end with an incarnation, which people with open minds know and they understand that it is possible to have a communication system between the worlds. The advanced man has a presentiment of what he cannot really explain and especially check. By not closing the door to knowledge, the only one that is worth it ultimately, he prepares for a transition that will enable him to get over the hurdle easily and to open up to knowledge.

Sunday, March 10, 2002 - 10:00 a.m. M: "Beloved Babuji, you are for me the heart of the world, my preferred refuge and my joy in life. You give me the strength to continue to fight."

B: My daughter, it is necessary to have a goal in one's life which, until the end, justifies the efforts to be made each day to keep up a line of thought and action which allow one to reach that goal under the best of conditions. Having reached maturity, man becomes selective; the mystic knows where he wants to go and he takes the relevant steps. He leaves behind him youthful dreams which he deemed important and necessary for his happiness. He generally learns from experience how very chimerical they were. Did they come true? If yes, did they make him happy for the remainder of his life? Some beings make do with little; others have big requirements for their personal development, in the framework of a very strong eagerness to be spiritually fulfilled. Where do they stand in their evolutionary cycle? Will this life be determining for them? If so, the circumstances will be such that they will experience those whereby they will understand the opportunity being offered to them to go in the right direction. Each one finds his own way when necessary, i.e., when they are ready to make choices.

Tuesday, March 12, 2002 - 8:00 a.m. There is no such thing as perfection in this world. Making efforts to attain it is very commendable. Knowing oneself well is important to better pinpoint the weak points that are an obstacle to one's progress. By recognising one's weaknesses, it is easier to track them down, and the aspiration to rise up is therefore only stronger. The most clear-sighted man seeks to sail while avoiding the pitfalls. He remains prudent, while trying not to be caught by anything, and he manages things skilfully. This search towards good is commendable; it strengthens the inner self and facilitates its evolution. By so doing, he opens secret doors that lead him to stages where he can take stock and better run his life. Until the end, he will be facing this dilemma: did I make a success of my life? Did I take the right direction and make the right choices? His questionings can lead him towards a spiritual Master. Henceforth, he knows where he wants to go. This idea strongly prevails in his mind and his real self is satisfied. He can finally put down his luggage and entrust his destiny to the Master he chose. He has faith in him and lets himself be guided. He learns about surrender and feels faith growing in himself – faith in higher authorities to light his life, and towards whom he had not yet bothered to turn.

Sunday, March 17, 2002 - 10:00 a.m. The science of the soul is the least explored. Man ignores this priceless richness. The approach to it does not follow the right direction, though knowing oneself well would be the least thing, before trying to penetrate the secrets of the universe. Man is afraid of going to the heart of things. Many of them do not believe in higher forces weaving the threads of their destiny. They are afraid of this kind of 'greatness', and unconsciously they try to escape it. They want to be autonomous, deciding their own life, which they believe they are conducting as they like. They want to know, believing that they can thus earn some power over the elements. By deciding to go and explore other planets, they only let a bad inner instinct of conquest manifest itself. To plant a flag, to dominate, monopolise a territory and to disturb unscrupulously the established order, that is the ideal that motivates them. Man would like to exercise his powers beyond this planet, the exploration of which has become banal. He has taken control of, ransacked and polluted everything. He does not discover with a view to respecting creation; for him, a virgin territory is a source of profit. His desire for space conquest partakes of this context.

Saturday, March 16, 2002 - 10:00 a.m. If man could have a real idea of the size of the universe, he would feel minuscule and unimportant. Seeing only his own universe, that which he himself shapes as a human being, he brings his existence back to proportions more right in his eyes, which increase his stature. His pride would suffer if he could imagine that his life is so ridiculous. His ego needs to give itself importance to exist in the superiority he believes he has, at least compared to other species created and living in this world – this world which he believes is unique, in terms of its knowledge, its evolution and the place he believes it occupies in this vast program. Things cannot be otherwise: times will come when the inhabitants of this Earth will have the right view of things. Their eyes will have opened to the cosmic reality; as they themselves would have reached another dimension, a portion of knowledge will become accessible to them. Man, in general, makes do with his little degree of openness. The exiguity of his knowledge is enough for him. Certain truths are disturbing for him. He prefers to move within the limits of his comprehension and wait for the moment when his eyes will be closed to this world, without seeking to know more about it.

Sunday, March 17, 2002 - 8:00 a.m. The incommensurable size of the universe intrigues men who are curious about the context in which the Earth is evolving. Their systems of measurement are not enough to assess it correctly, nor is their intelligence, which is quite limited in fact. A rough estimate must be enough for them, as the most advanced studies on the subject in this world are ridiculous. It is good to try to know and understand the why of things, but the most intelligent and educated man remains within the human limits of knowledge; he cannot penetrate the secrets. Until the end of time, specialists will spend their lifetime studying, scrutinising the sky, and getting lost in equations that shed some light on the subject without going beyond. Life on Earth is a stage, a step in the eternal race. The secrets of the universe belong to God. Only higher powers can approach them. The approximations thereof made by man are ridiculous. He does not know his own functioning; the complexity of his soul is a stranger to him. A universe is inside him which he cannot even suspect.

Saturday, March 23, 2002 - 10:00 a.m. See only beauty, my daughter; the world is as it is. You cannot change it, except through prayers and positive thoughts. There, the field of operations is broad. You cannot work on the ground, as you would like to do. Many people of goodwill are active there, support them in your own way. In this work, you have many capabilities. Use them. Shower humanity with thoughts of love; this constructive vibration cannot be lost. All this subtle life escapes the majority of men; they do not perceive it, therefore, it cannot exist. All in all, their perceptions are fairly limited to the bare minimum, shall we say, to just what is needed for the manifestation of life to be accomplished. Putting it generously, they perceive only one tenth of the vibratory forces that they emanate from. They advance, limited by sensory perceptions to which they attach major importance. It is not an easy thing to convince them of their limitations; why would they believe what they cannot see? Only clear-sighted beings open to non-materiality can advance on the way to this knowledge.

Wednesday, March 13, 2002 - 10:00 a.m. Believe me, worries are necessary to man; how would his life be without them? Only joys would make it monotonous. All the resources of a person must manifest themselves; it is by dint of this that his personality is shaped. It is the richness of this palette that enables him to face up to the vagaries. He develops himself while leading his life; his experiences are formative and necessary, their diversity makes him richer. The set up of his incarnation is decided in advance, you know it; he cannot avoid it. Man is caught in a spiral, which will end only with him. One would better accept willingly all that presents itself, and see in it the finger of God. There is no point rebelling; such behaviour tarnishes the end result. Making the most of all the situations gives unequalled strength. Controlling one's life with such good sense makes it more worthwhile. We repeat ourselves tirelessly; we would like these truths to be imprinted in you and help you each day to endure the nuisances that may arise. We will soon put an end to these constantly renewed speeches. The crop is full of words and we hope that it has helped you to become wiser, you all who read us with patience.

Thursday, August 5, 1999 - 8:00 a.m. My dear child, we will remain in a less gloomy context. You need it in this moment. You do sense and you are burdened by this collective fear caused by predictions of all sorts, and you carry this burden in addition to your other problems. In these difficult periods, you should remember the beautiful days spent in the past with the man of your life. Amidst all the tests you have gone through, there were some good moments. Think of your future life with us, picture it. See what you would love to do and how to help your human brothers and sisters left behind in the torments of this life. On leaving the Earth, each one of you heads for a different way, according to your aspirations and especially the potential earned as well as the remains of your past yet to be cleaned away. Make efforts here below, as much as possible, in order to have easier choices when you leave this world. There is no uniformity among men. Each one of you is unique in your category, with your credentials, which will follow you wherever you go after your departure. Try to comply with the divine laws; no time should be wasted. A lifetime is short and can stop at any moment. Man's peculiarity is to believe he is immortal and to consider that he still has enough time to devote himself to God. The primary objective of most people is not to create for themselves a strong and beautiful soul. Be lucid; don't give highest priority to your material interests; that would not be reasonable. You abhyasis, you must understand, you are prepared to act in this direction; do not lose sight of it for your own good. Such is our wish for you.

Tuesday, August 7, 2012 - 10:00 a.m. Echoes from these messages are positive; their daily dissemination allows many receptive hearts to better perceive them. They will increasingly become part of the daily life of our brothers and sisters. Our very dear son Parthasarathi, in his great wisdom, has made the right decision. With the passing years, we can see our brothers and sisters growing imperceptibly, and yet very satisfactorily. Most of them manage to lead a balanced material and spiritual life, which is not always easy in this world that is so disturbed and, for the greatest number of people, far, so far away from such values. Our long-standing faithful aspirants can sense significant changes within, even if some character-related aspects are still affecting behaviours. Advancing at all costs and following one's Master with confidence, respect, and love open the doors one by one so that, one day, one can catch a glimpse of what the most committed seeker manages to see. The ultimate goal is the culmination of a process; the many people who follow us in varying degrees have made that choice and they are advancing at their own pace, and yet definitively. The commitment of the most ardent heart provides a beneficial energy. Love begets love, we cannot remain indifferent to this expectation; it yields benefits the importance of which cannot be assessed by human beings. Blessed are the pure in heart, the sincere and the fully committed; celestial pathways are open to them under our constant blessings.

Thursday, April 15, 1999 - 8:00 a.m. Love is like a cry towards the Creator; it is the bond connecting Him to his creature. Love is His food, the substance which He is imbibed with. All the remainder is a mere material vibration. You should understand that it is the key, which opens the doors; a luminous vibration making the least of your cells twinkle. Love, love—that is my recommendation! Join this imposing chain and let's vibrate in unison. Let yourself be carried away on the wings of the Divine. When you taste these moments of intense joy, you forget the realities of life and all your human miseries. The alchemist who seeks to transform metal into gold is moving astray in a futile process. Real gold is inside him. He may not know it, but unconsciously he aspires to this discovery. You, who have already understood where the treasure is, carry on your search unremittingly. One day, you will see the wonder come up: a thousand gold specks will dance on your heart and your inner joy will be boundless. Be joyful like children in search of a treasure. When you find it, you will remain speechless in front of such an amount of beauty. Be active, never lose heart; it is the only research worthwhile for a wise man. Don't dwell on form, my child. I already told you, only the content matters in our literature. Love the repetition of words. It is necessary. (Laughs) That is the way it goes!

Tuesday, June 4, 2002 - 8:00 a.m. version1 : The only and true recourse for human beings is God. The only certainty for them lies in this spiritual dimension, unalterable over time. On Earth, everything changes, evolves and transforms. God, for His part, doesn't change; He is there, immutable and serene, listening to people who are willing to turn to Him and regard Him as such. In His greatness and goodness, He listens to them all, whether they are aware of His reality or not. Human beings are fortunate in that they aren't just dust, incapable of resisting the influence of time. Their lives endure beyond this body of flesh, so fragile and destructible. Their true identity lies elsewhere and is not subject to the fluctuations of this Earth. It's only a step in the long process of a soul, settling its accounts with the passing time and incarnations. God enthral the souls that recognize Him, enveloped as they are by His Love, both subtle and powerful. They know how to recognize the distinguished Guest who dwells within them and give Him all the Love and recognition due to Him.

